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APRIL 25, 1994

SHAKERITE

SHAKER HEIGHTS HIGH SCHOOL · 15911 ALDERSYDE DRIVE · SHAKER HEIGHTS, OHIO 44120

Senior wins top award for portrait

Senior Natalie Campbell recently received Governor Voinovich's Award for Excellence in Art.

Campbell earned the award for painting a 4x4 foot self-portrait that made it into the Governor's Top 25 works of art. The painting was divided into two sections, each in a separate frame.

"Natalie's creative work represents the very best of what a Shaker student or artist can achieve when their inner potential is manifested at its highest level," art department head Jim Hoffman said. "[Receiving this award for] this portrait is highly reflective of the influence Shaker teachers have had on her development in the visual arts program at Shaker Heights High School."

Campbell received the award after entering her self-portrait into a regional competition, where she won first place. She then advanced to a state competition in Columbus, judged by art school instructors and professional artists.

When asked how she felt about receiving the award, Campbell said, "I'm honored."

Campbell said that she has no plans for attending an art school.

–Thomas McGill

Guice passes exam with flying colors

Foreign language department head Dr. Norma Guice recently captured top honors by passing all sections of the Spanish as a foreign language test, administered by the Spanish embassy in Chicago.

Guice said she chose to take the exam at the Superior (advanced) level instead of Basilico (intermediate) to set a good example for her students.

"If I were going to sweat, I wanted to go for the gold. I wanted my students to know they should not be afraid of a test," Guice said.

Many of Guice's students were impressed with her perserverance.

"She was really excited, and I think it's really cool she got [the award] because it's the highest award for speaking Spanish," senior Andrea Johnson said.

Guice is among about one thousand other people who have passed the test at the Superior level since the test began only a few years ago.

–Scott Fuller

Arnot says to live young, healthy

BY DORRIAN THORNTON
Co-News Editor

A person's biological (physical) age can be greater than their chronological (actual) age if they mistreat their body, according to Bob Arnot, CBS news medical correspondent.

Arnot spoke in the large auditorium on the topic of "Personal Best" as a part of the Shaker Lecture Series on April 18.

Arnot gave the audience advice on healthy aging, good exercise, proper nutrition and health care.

"It is the misuse, disuse and abuse [of our bodies] that causes us to age, and not father time," Arnot said.

Arnot recommended that adults of all ages begin a concentrated weight lifting program to reduce their biological age by increasing their muscle mass.

"With a pumping iron program, [an older adult] can take their muscle mass back in time. They can get spectacular results in a very short period of time," Arnot said.

Arnot founded Lake Placid Sports Medical Center in 1977 and performed athletic experiments on people of all physical abilities. According to Arnot, everyone has athletic talent and should be optimistic about his or her performance.

Arnot wants to replace the old line, 'die young, die hard and be the prettiest body in the cemetery' with a new fitness slogan.

"Die young as old as you possibly can," Arnot said.

Arnot also stressed the effects of good nutrition on health. Arnot said that food has become the pharmacy of the 90s and recommended a technique called, "feed forward eating."

"Plan to eat the things to feel the way you'd like to feel," Arnot said.

Arnot said to eat foods that keep blood sugar stable.

"You have to look at what's good science and most is found in fruits and vegetables," Arnot said.

In an interview, Arnot said that he is very interested in the science of biomechanics, the study of the most efficient way that the body operates.

Scientists can predict an athlete's maximum potential based on a 3-D computer comparison of their skills with what is known to be the best, he said.

For example, a scientist could determine how to make high school sprinters run faster by comparing their stride to an olympic athlete such as Jackie Joyner Kersee.

Arnot used this technique with olympic athletes when he was a doctor for the 1980 U.S. Winter Olympic team.

Arnot himself is an avid Alpine and cross country skier, mountain biker, roller blader and tennis player.

Arnot also spoke about the importance of consumer knowledge in the health care process.

"Rather than picking sides and picking plans, it's important for you as the consumer to be in the loop," Arnot said. "Now is the time to reform our health care system to the way it should be."

Arnot just completed a new book, "Turning Back the Clock," about ways to feel young longer.

Shaker
Heights
Schools

CHECKING IN WITH THE DOCTOR. Speaking at the annual Shaker Lecture Series, CBS News medical correspondent Bob Arnot tells the audience how to live longer, healthier lives.

Shakerite photo by W. Michael Fleming

Hoffman plans AIDS Awareness Week

BY RYAN GOHMANN
Staff Reporter

Art department head Jim Hoffman is planning AIDS Awareness Week for the high school in conjunction with Space Gallery's artistic presentation about the disease.

Hoffmans asked teachers to devote one period during the week of May 9-13, to teach their students about AIDS.

"The teachers wouldn't just teach about AIDS in general. For instance, math teachers could do a lesson involving AIDS statistics. This could bring up very good dialogue," he said.

To show teachers the benefits of the awareness week, a presentation of art from the Space Gallery's show has been arranged. Space Gallery, located in downtown Cleveland, features art either painted by someone who is HIV-positive or empathetic with those afflicted with the disease, according to Hoffman.

Hoffman said he was concerned because as of April 18, three teachers had reported back to him that they would cooperate with his idea.

"It is upsetting because AIDS affects so many people. The same idea was put to a vote at Hathaway Brown, and the teachers there voted unanimously to take an entire week, not just a class period, and talk about AIDS," Hoffman said.

Opinions on the importance of AIDS awareness seem to follow one central theme.

"AIDS awareness is extremely important. By 1999, over one million people will have died from the AIDS virus. Unless something is done soon to find the cure, we will continue to have hundreds of thousands of precious lives lost at an alarming rate. Through awareness, you become enlightened, and through enlightenment, you avoid making a mistake," Hoffman said.

Other forms of AIDS awareness include wearing red ribbons to remember those who have died from the virus.

Science Olympiad team prepares for state competition at Case

The Science Olympiad team is preparing for its annual state-wide competition, held on April 23, at Ohio State.

Eighteen high school students will be competing against 40 other schools.

The team qualified for states after placing fifth at regional competition at Case Western Reserve University.

The team is organizing a city-wide cleanup to raise money for states.

–John Lombardo

Four students travel abroad to Poland, Israel in remembrance of Holocaust

BY LOUISE BURTON AND ALEX HAMERSTONE
Staff Reporters

Four high school students traveled to Poland and Israel from April 5-19 to participate in the March of the Living to commemorate the Holocaust. This event is sponsored by Jewish organizations from around the world.

March of the Living is an event to heighten awareness of the Holocaust and perpetuate its rememberance in the minds of the young, according to Lane Schlessel, regional director of the B'nai B'rith Youth Organization (BBYO).

Five thousand people from around the world and about 30 people from Northern Ohio participated.

B'nai B'rith was one of several Jewish organizations in the country that sent a contingent of Americans on the trip.

Shaker Heights High School students who attended were sophomore Ben Schein and juniors Jon Harris, Jessica Petler and Joanna Epstein. International BBYO president Meka Millstone, a 1993 high school alumna, also attended.

Participants attended three seminars at the Jewish Education Center of Cleveland to prepare for the trip. Reading material pertaining to the Holocaust was also made available to the participants.

More than 400 participants from around the country affiliated with BBYO traveled first to the newly constructed National Holocaust museum in Washington, D.C.

From Washington, the group flew to Warsaw, Poland. The group remained in Poland for one week and observed Yom Hashoah, which is the Holocaust Memorial Day.

While in Poland, the group visited Birkenau, Auschwitz and other concentration camps. The group also visited the once-thriving Jewish centers of Krakow and Warsaw.

The pinnacle of the trip was the March of the Living, in which the group marched from Birkenau to Krakow, following the very route that took many to their deaths during the Holocaust. Those marching walked six abreast and sang religious songs. All of the marchers wore blue shirts, creating an effect of a sea of blue.

After leaving Poland, the group traveled to Israel where they remained for one week. While in Israel, they observed Yom Hazikaron, Rememberence Day. The day after this they celebrated Yom Haatzmaut, Israeli Independence Day.

Also while in Israel, the group visited Jerusalem, Tel-Aviv, the Dead Sea, the Sea of Galilee, the Golan Heights and Masada, a famous mountain fortress. They planted a tree to honor those who died in the Holocaust.

BBYO participants were selected through written applications and an oral interview. BBYO gave out five scholarships to this region, one of which was awarded in the Cleveland area. This scholarship, which covered $1400 of the $2850 cost of the trip, was given to Schein.

ON THE MARCH. Juniors Jonathon Harris, Joanna Epstein and Jessica Petler and sophomore Ben Schein traveled to Israel and Poland to participate in an international March of the Living. The students marched from the concentration camp Birkenau to Krakow, another concentration camp, in rows of six while singing religious songs to remember the Holocaust .

Shakerite photo by W. Michael Fleming

NEWS BRIEFS

Wind ensemble receives highest honor in recent band contest

The Wind Ensemble received straight superior ratings in the class "A" level for their performance at the Ohio Music Education Association District 7 band competition at Mentor High School on March 18.

All four judges gave them a Superior rating. They were the only group at the competition to receive this honor.

Director Hans Bohnert said the students had worked hard and deserved the recognition.

"People don't realize the time and practice it takes," Bohnert said.

The Symphonic Band, directed by Dr. Jerry Miller, also attended the competition and received an excellent rating. The Concert Band, under the direction of Erik Sundet, went for comments only.

Students were proud of their achievement.

"It was well deserved. We worked really hard," junior Ebony Johnson said.

All three bands will participate in an ice cream social concert at the high school on May 9.

–Julie Gallagher

Physics team places first in state tests

The high school physics team placed first in the state on the mutiple choice test given by the Junior Engeering and Technical Society (JETS) at Cleveland State on Feb. 18.

The team took two tests dealing with problem solving abilities. Test questions dealt with the subject of engineering.

Seven students were chosen by science teachers to participate in this contest because of their ability in problem solving.

The seven members were seniors Larry Boyd, Mike Higley, Richard Leigh, Lindsay MacDonald, Aaron Pierce and David Sher and junior Shana McCormack.

On the first test the team scored firstin the state out of similar sized schools in the state.

The second test is still being scored on a national level. The test consisted of problem solving strategies.

Science teacher John Schutter, who advises the physics team, said that he is hopeful that the team will do as well this year as they have in the past.

Students were excited because the test consisted of challenging problems that stimulated their thinking.

Students were able to be creative and use their thinking skills, Schutter said.

Schutter said that this test not only reflects on these seven students, butalso on Shaker's education in the math and science in the district.

"I see this as a real positive reflection of science and math education as a whole in the district. Students are taught to think creatively in their approach to solving problems," Shutter said.

– Leigh Stevens

Seven students receive awards, six students qualify for states at recent History Day Districts

BY LEIGH STEVENS
Staff Reporter

Students from Shaker competed in the district History Day contest, and several students that competed qualified to go on to the state contest which is to be held in May, according to social studies department head Terry Pollack.

The history class has done well at the competition in past years.

"It is exciting to see Shaker students do so well in the History Day contest year after year," Pollack said.

The students that qualified for states were the following:

Juniors Starla Wallick and Adrea Lund placed first in group performance, junior Millie Nahm placed first for in individual performance, junior Shana McCormick placed first in senior history papers and junior Alison Schmidt placed second in individual project.

There were also additional individual awards. Lund and Wallick recieved $25 from the Women's League of Greater Cleveland for the best Women's History Day Project, Nahm recieved $25 from the black caucus at Tri-C for the best African-American History Day Project, McCormick received an award from the Plain Dealer for the best senior paper and Sean Malone recieved $75 from the Early Settlers Association of Western Reserve.

Only the top three from evey catagory will travel on to the state competition.

Shaker students competed with private and public schools from Lake, Portage, Geauga and Cuyahoga counties, according to Pollack.

The students said that enjoyed the competition.

"There were a lot of people that worked very hard. Normally, I would not like giving up a Saturday, but it was wierd, wierd but fun. It was fun seeing Shaker students going up there for 75 percent of the senior awards," Schmidt said.

Social studies teacher Rhona Pessel said that she was pleased with the results at districts and that she thinks that the high school has a very good chance at the state competition.

"From what I heard, compared to the other`people entering, we have a chance of doing very well," Pessel said.

The state competition will be held at Case Western Reserve University on May 7.

Seniors score high on first 12th grade proficiency tests

BY STARLA WALLICK
Co-News Editor

Seventy-five percent of the senior class passed all four tests of the 12th grade proficiency tests compared to 55 percent who passed in the state of Ohio, according to curriculum head Dr. William Newby.

Eleven percent of the high school's seniors passed the at honors level on all four proficiency tests (one percent passed at the honors level in Ohio), 63 percent passed at the honors level on one or more of the tests and approximately 32 percent have qualified for an honors diploma, according to Newby.

Ninety-five percent of seniors passed the writing test (77 percent passed it in Ohio), 94 percent passed the reading test (86 percent passed it in Ohio), 84 percent passed the math test (68 percent passed it in Ohio) and 91 passed the citizenship test (80 percent passed in it Ohio), according to Newby.

Twenty-four percent passed at the honors level on the writing test (five percent passed at the honors level in Ohio), 22 percent passed at the honors level on the reading test (10 percent passed it at honors level in Ohio), 47 percent passed at the honors level on the math test (20 percent passed at it honors level in Ohio) and 48 percent passed at the honors level on the citizenship test (26 percent passed it at honors level in Ohio), according to Newby.

There is potential legislation dealing with the 12th grade proficiency test,Newby said. He said that the legislation would link the 12th grade proficiecny test scores with scholarships for Ohio students.

Moving on...

Shakerite artwork by Wee Seing Ng

Members of high school faculty bid farewell to faculty, students

BY JENNIE REIFF
Staff Reporter

Some members of the high school faculty are planning to start a new phase of their lives, as seniors begin to think about graduation.

English teachers John Vargo and Robert Johnson, ninth grade assistant principal Issac Smith and guidance counselor Patricia Gleason are retiring at the end of the year to pursue various activities.

Smith, who has been with the Shaker school district for 11 years, said that he will miss the variety of the daily routine. He said that people wanted him to retire last year with the graduating class, but he said the time was not right.

"It was a gamble. I felt good about this year," Smith said.

Smith said that he plans on fishing, doing additional work with students and coaching a pee-wee football team.

"I'm looking forward to some free time. I'm looking forword to quite simply doing for myself some of the things I've set aside over the years," Smith said.

He said that he has no regrets and is looking forward to a break.

"If somebody else needs to experience the long days and nights, I'm giving them the opportunity," Smith said.

Eleventh grade assistant principal Randall Yates said that he is happy for Smith, but said that he will be missed.

"I'm glad for him. I think it's important for people to enjoy life and relax a little," Yates said.

After 36 years of teaching, Vargo said that he is looking forward to not having that same day-by-day schedule.

Vargo said that he will miss the quality of the students and teachers and the memorable classes he has taught over the years.

Sophomore Erin Okin, one of Vargo's students, said that she is sad to see him go.

"I was hoping to have him for classes in the future," Okin said.

Johnson said that he will also miss the interaction with students, but is looking forward to the change in his daily routine. He said that he is anticipating moving to a warm climate and has already bought a house in North Carolina.

"I've always wanted to move to the land I love, Chapel Hill, North Carolina, and now I can do it," Johnson said.

Johnson said that he has not finalized his plans yet, but that in time he might look for a job at a university.

Seniors Andrea Johnson and Mwende Munyasya, editors of the Semanteme which Johnson advises, said that they are sad that he is leaving.

"I hope they'll find an adviser who matches his advising ability," Munyasya said.

Andrea Johnson said she hopes the Semanteme will do as well without him.

Gleason mentioned several activities that she wants to pursue.

She said that she would like to work at an antique shop, play golf and possibly help her brother-in-law with accounting. She said that would also like to study semi-precious stones.

Gleason plans to return to her hometown in Uniontown, Pennsylvania where she will work on her rose garden and on the board of her church.

Although she said that she is "looking forward to graduating," she said that she will miss the relationships she has had with faculty.

A few tears fell as she spoke for the first time about leaving students.

"What bothers me is that they might feel that I'm letting them down," Gleason said.

She said that although there are people she will miss, she has no regrets and has had many happy and rewarding days.

Staff members Nancy Pickus and Carol Bartlett, featured in the Feburary issue, retired after first semester.

New editorial staff appointed for '94-'95 Shakerite

The Shakerite has announced its editorial staff for the '94-'95 school year.

Juniors Courtney Masini and Vanya Green will be co-editors-in-chief of the paper next year. The management staff will be composed of junior Jenny Johnson, who will be the managing editor, and junior Ben Lind, who will act as both computer coordinator and business manager.

Editors of the News pages will be juniors Jennie Reiff and Jeff Jablow.

For the first time in many years the Opinion pages of the Shakerite will have co-editors, juniors Kevin Cole and Rebecca Entel.

The Arts and Entertainment pages will also be edited by a team, junior Jonathan Harris and sophomore Ryan Gohmann.

Juniors Margaret Sawyer and Emily Troia will be co-editors of the Centerpiece pages.

Sophomore staff reporters Debbie Libman and Seema Shah will team as co-editors of the Feature pages.

Junior Michael Becker and sophomore Alex Hamerstone will be co-editors of the Sports section.

Next year's staff will also include a photography manager, junior Larry Latson.

English teacher Sally Schwartz will continue to advise the Shakerite as she has for the past nine years.

The following graduating seniors were part of the '93-'94 Shakerite staff: Rebecca Davis, editor-in-chief; Josh Mayers, business manager; Dorrian Thornton, co-news editor; Joshua Goodman, co-arts and entertainment editor; staff reporters Marisha Auerbach, Will Glasson, Jonas Green, Donald Hill and Cliff Mendelsohn; artists Dan Eisenberg and Wee Seing Ng; photographer W. Michael Fleming; Leah Andrews, advertising manager; and Amy Lipton, research and exchange manager.

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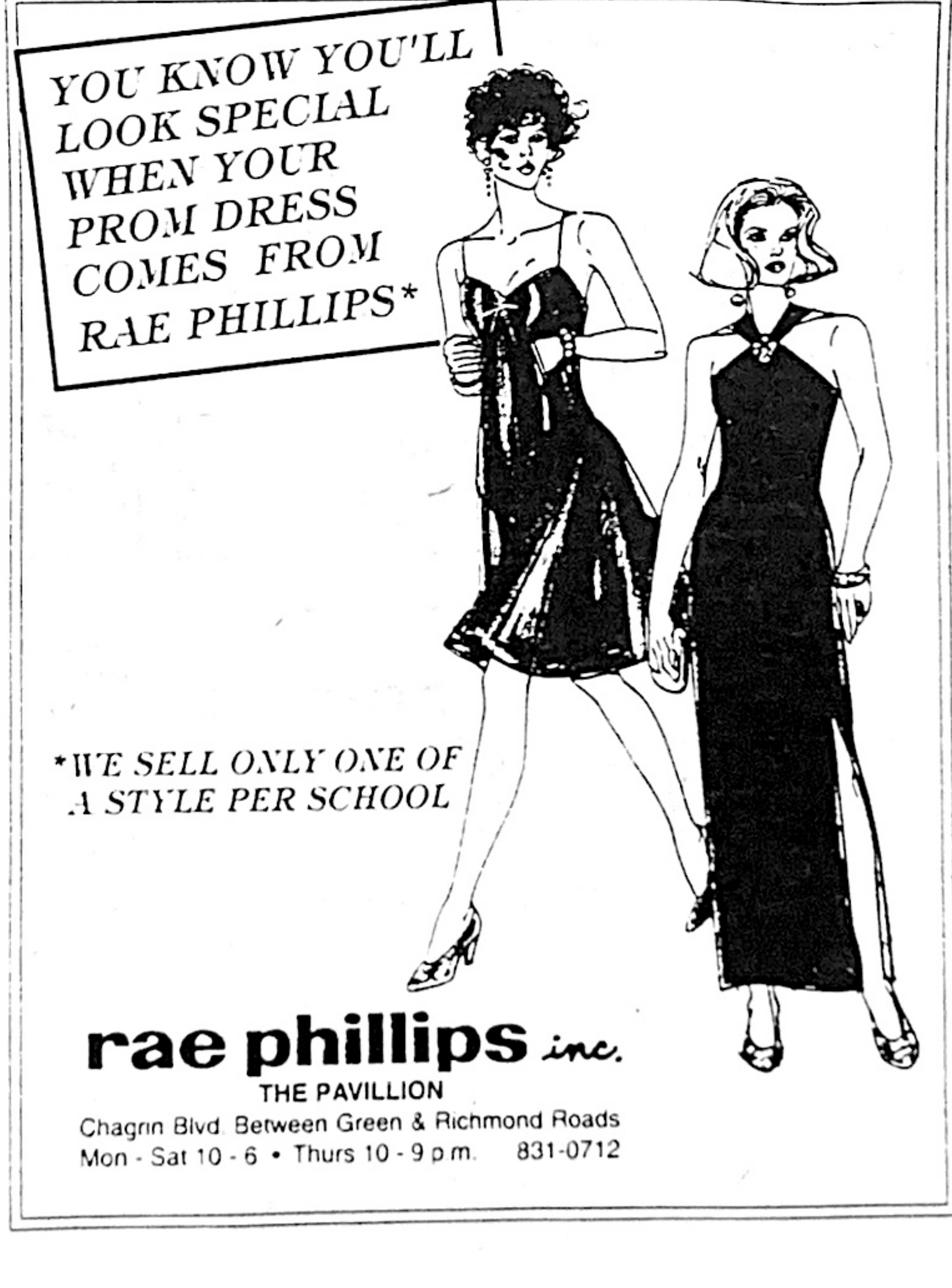

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Clawing their way to the top:Not-so-famous former jobs of celebrities

1. Danny DeVito: hairdresser in his sister's beauty salon
2. Whoopi Goldberg: applied makeup to corpses
3. Rod Stewart: grave digger
4. Luther Vandross: defective-merchandise clerk at S&H trading stamps
5. Sean Connery: milkman, coffin polisher
6. Ho Chi Minh: snow shoveler, photo retoucher

–from The Book of Lists, 90s Edition

Teaching parenting in school will yield healthier children

THE RITE IDEA

We are taught about literature, science, history and health, all of which are supposed to prepare us for careers and adulthood. Yet nowhere are most students of this or almost any other high school informed of the basic facts for what may be their most important lifetime job–parenting.

Although the high school does offer a course called "Child Development," only nine students were enrolled in it this past semester, a number that can hardly be compared to the amount of students who will someday become parents.

Our high school needs to teach "parenting" (i.e. how to nutritionally, medically and emotionally meet a child's needs) to the entire student body. Presently our health curriculum instructs students fairly effectively about all of the reasons and ways to avoid pregnancy. Once an adult makes the responsible decision to start a family, however, he or she needs to know how to care for a child.

In no way would such a program condone or encourage teenage sexuality or pregnancy. High school is simply the last place to teach most people these lessons.

Spending a few hours in a children's hospital would illustrate to anyone the need for parenting education. Children are malnourished because their parents do not know how much or how often to feed them. Without sufficient advice, a young parent would not know when to get prenatal care or bring an infant in to a doctor.

A recent three-year study by the Carnegie Corporation of New York found that millions of America's children receive inadequate care and are physically and emotionally abused. A panel of politicians, doctors, educators and business executives recommends parenting education in school to help the nation's children.

Three million children live below the poverty line, the Carnegie report said, nearly one fourth of all infants and toddlers. These are the children who most need our attention, and our focus should begin with educating their parents. However steep the price of such educational programs, it would be far less than the alternative health care and Medicaid bills.

Shaker Heights is a community of diverse socio-economic backgrounds and also one which prides itself on innovative, effective curriculums. If the high school is to graduate more holistically educated individuals, then it must teach its students how to care for a family, once they make the conscientious decision to begin one.

CHEERS & JEERS

Cheers to spring. It's about time!

Jeers to senseless death from drugs.

Cheers to only 10 more school days until senior project.

Jeers to 29 more school days for everyone else–and then finals.

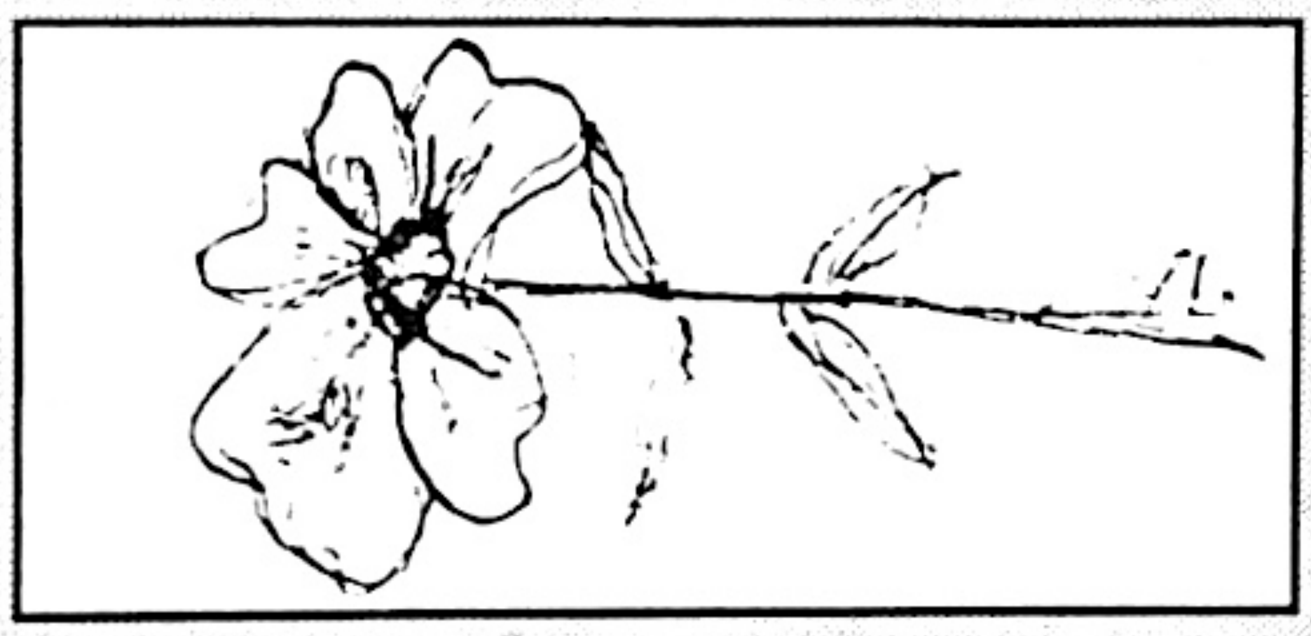
Cheers to being a second-semester senior.

Jeers to being a freshman in either semester.

Jeers to the police for giving us parking tickets when there is nowhere else to park.

Jeers to people who live a block away from school for taking parking spaces from those of us who drive miles in the snow to school (which is uphill both ways) only to have to park in front of your house on Warrington and walk.

Cheers to field trips and movies. A break in the action once in awhile works wonders.



Cheers to Snapple, made from the best stuff on Earth.

Jeers to TCWAG.

Jeers (to the nth power) to skinny lockers.

Jeers to 12th grade proficiency tests.

THE TOP TEN

...reasons why it's great to be a senior...

10. No one plays Twister like a senior.
9. There aren't 10 reasons why it's good to be a freshman.
8. After 12 years of schooling, seniors have finally reached a mature understanding of not only themselves and their society, but also the inner peace which one can attain and the significance of their existence on Earth.
7. Trainer Bob says he was once a senior.
6. AP Ceramics.
5. Can you imagine a freshman counting down to graduation ("979, 978, 977...")?
4. All seniors understand that sometimes, you just have to run for the border.
3. For a senior the words "full class load" are a subject of great confusion.
2. Senior Project. This year's popular topics include: "The Effects of Sleeping In," "How to Extend Lunch Longer Than 23 Minutes" and "Starting Vacation Early."

...and the #1 reason is...

1. No senior ever said, "Yeah, 8 p.m. will be fine. Can your mom drive?"

The Shakerite is a public forum published nine times yearly for and by the students of Shaker Heights High School.

Letters to the editor must be signed and may not exceed 250 words. Letters, subscription and advertising inquiries should be delivered to the Shakerite office in Room 229, or mailed to: The Shakerite, 15911 Aldersyde Drive, Shaker Heights, Ohio 44120. The Shakerite reserves the right to reject or edit any letter to the editor or advertisement.

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- Northern Ohio Scholastic Press Association

SHAKERITE
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° -denotes member of editorial board

Form changed, but SATs still boring as ever

BY KEVIN COLE
Co-Sports Editor

Certain things in this world that are known to bring about a violent response in teenagers–not having a car, C-Span I or II, zits, teachers with horrid breath, WDOK 102.1 FM and, of course, the SAT.

Excuse me, the Scholastic Aptitude Test.

Excuse me again, the new, improved Scholastic Assessment Test. The change of a word, however, cannot alter the deeply manifested hatetred that students possess for the SAT, which, in Woodrow Wilson's words, is "the test to end all tests."

Maybe it all started in first grade, when we were forced to sit through an entire day of our teacher saying, "I am going to read you a passage. Wait to answer the questions until I have finished the passage. When I have finished the passage, answer the questions. When you have answered the questions, put your pencil down and look at me."

I was always waiting for the directions for how to breathe–I think that's probably the only thing they didn't cover.

Of course, there would always be that one kid who was still lost, who filled in bubble two instead of bubble one, and so everything else was out of order.

He had to get a new answer sheet, and he had to take approximately four hours to tell the testing service the hometown of his paternal grandmother and the number of pets his family had.

This process was repeated every year until the high school, so it is understandable, and even expected, that by the 11th grade, we just got fed up. And at least in grade school we didn't have to get up at 5 a.m. on a Saturday morning to pay $20 to take the most boring test ever devised by those fun folks in Princeton.

Yet, although everyone hates the SAT so much, there is a strange phenomenon I have noticed people want to be around them as much as possible.

I have heard stories of people far too lazy to study for a science final suddenly coming up with enough vigor to spend 50 hours a week in a classroom learning what answer choices to throw out right away when effigy and garrulous are used in an analogy.

And even those who don't take Princeton Review-type courses become so intense over the test that you would actually think it was a big deal.

And it is.

The three hours spent in the cafeteria while the milk machine is being reloaded right next to you may be just as important as your four years in high school classes. A bad day could mean not getting into your college of choice. But remember: relax, and look at it as fun!

This is the advice we so often receive from parents and teachers, but I rarely see them reading passages about the layout of French cities in the early 1900s after having completed three other equally boring passages in the last hour.

So, in conclusion, the SAT's are bad. But at least they don't go through the exact same directions as they did in the first grade.

Oh, never mind. They do.

Shopping for prom dress takes courage, patience

PERSPECTIVE

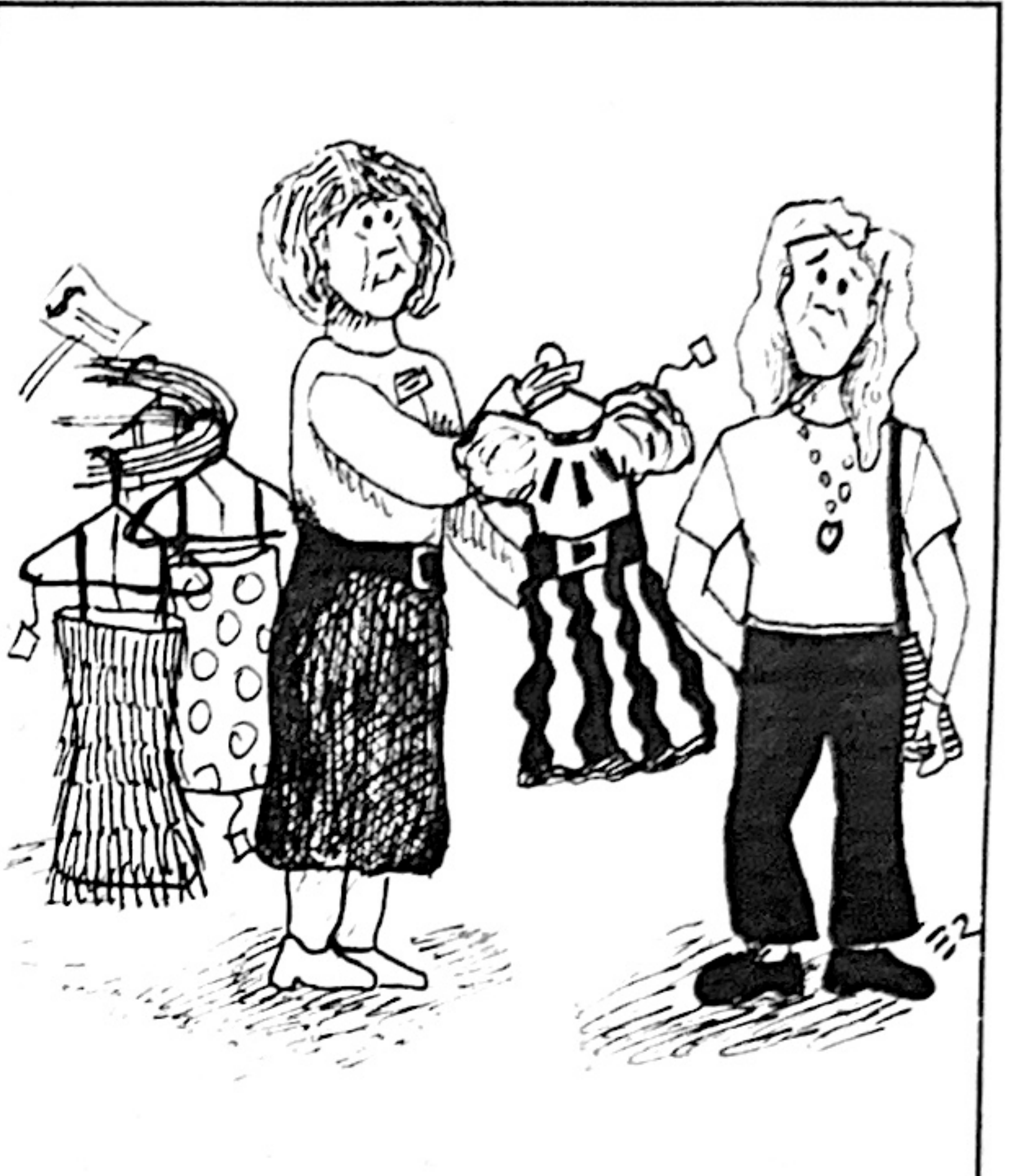
BY JENNIFER JOHNSON
Opinion Editor

My prom date, the experienced female-clothing-shopper that he is, cannot for the life of him understand what is so difficult about buying a dress. For him, The Outfit is the least of his worries. For $39.95 he can walk into a store, give a few measurements and someone will outfit him on the spot. His toughest decision is whether to get the blue or the green cumberbund. Sometimes they will even throw in a free Cedar Point ticket, since he went to all that trouble of driving over there and all. Clothing and entertainment, all for the price of what a girl would pay for two, possibly three, sequins.

The art of dress-shopping is much more complicated.

First of all, at least at my house, shopping for formal occasions is a family project, or at least that's what my mother thinks. She immediately takes it upon herself to find the least-revealing, most-matronly, ugliest dress she possibly can, and then she immediately falls in love with it. All throughout the process (which, of course, can last weeks), she continually refers back to that one dress, speaking as if she had created it herself. ("You know," she says wistfully. "We can always go back to that lovely frock we saw last week.")

The only thing worse than Mother is the saleslady, who inevitably pops up at the most inopportune times, like when I am in the dressing room or gagging loudly at a price tag. Other females know what I am talking about. The dress department is where saleswomen go when they are demoted from lingerie. They are usually no less than 95 years old, and they always comment on how young you look to be going to prom, and my, my, it seems like it was just yesterday that she was going herself. That was before television, you know. (Before the wheel is more like it.)



Shaketire artwork by Esther Rosenfeld

This woman makes it her personal crusade to outfit you for your "big night". She asks you if you know what you are looking for, and when you say no (if you knew, you wouldn't need her help), she begins to pull things out for your scrutiny, saying every time how she just sold one of these to someone who looks just like you. After about four or five examples that look like rejects from Ringling Brothers, you begin to wonder just exactly who this person is who is walking around looking just like you. You want to tell her that your date is not planning to own pink flamingos or wear white socks, but you restrain yourself. After all, she's just doing her job.

This scenario repeats itself day after day, until you believe that you may just rent a tux yourself, rather than have to look at another magenta, ruffled dress with a feathered border. Finally, you settle on a plain, black dress. It's not new or daring, but it's the only one not attached to a saleslady, and anyway, black makes you look thin.

I myself did end up with a black dress after such a search, and when I told my date, his response was, "Black? But that's so boring!"

He wouldn't be complaining if he had seen the alternatives.

Davis bids farewell to '93-'94 Shakerite staff

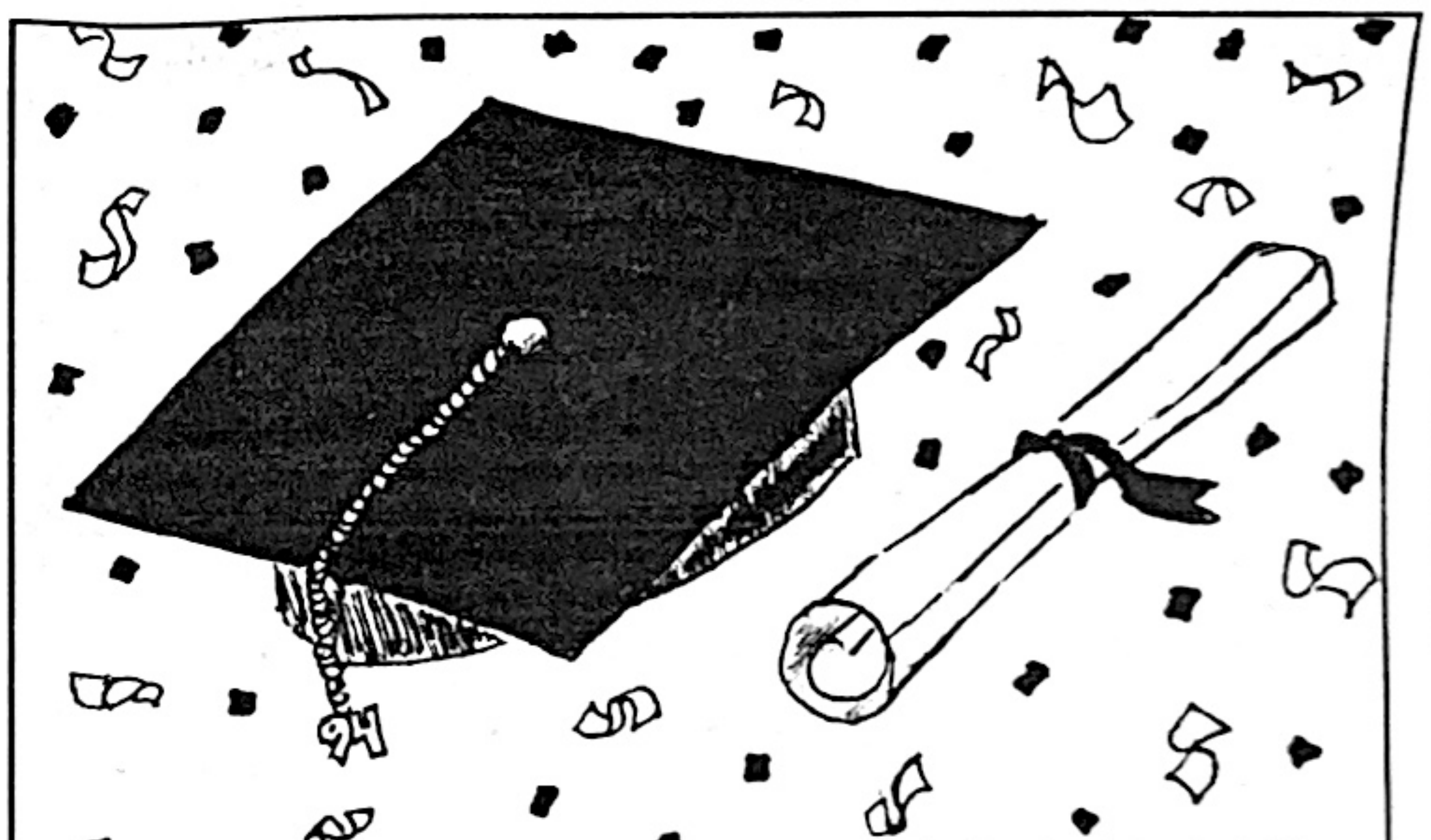
BY BECKY DAVIS
Editor-in-Chief

Saying goodbye to the Shakerite represents, to me, the real end of high school. Four years ago I walked into Room 224, a freshman enrolled in journalism. I learned how to write leads, to interview and to understand the meaning of the phrase "inverted pyramid." I watched upperclassmen hurrying around on deadline, arguing about page designs and headlines. Somehow, their hysteria appealed to me.

Sophomore year I entered Room 224 as a staff reporter, one step closer to the action. I jealously observed the comraderie among the editors, wanting to know their inside jokes. In the spring of that year, I applied and became the 1992-1993 Feature Editor.

Junior year the Shakerite offices moved to Room 229. I was part of the editorial in-crowd, able to design pages and choose which articles would appear on pages 11, 12 and 13. I often found myself watching seniors Jeremy Paris and Blane Sims, then co-editors-in-chief, lead meetings and oversee production.

Last March I applied for a staff position again, and a week later I was named editor-in-chief. Nothing could have prepared me for this job, not three years of watching and participating, not even the advice of my older sister Sarah, herself a former co-editor-in-chief. This past year in the Shakerite has been my greatest high school education. No teacher can tell you how to run a meeting; tests can't measure how well you handle stress; and text books can't begin to describe interpersonal dynamics.



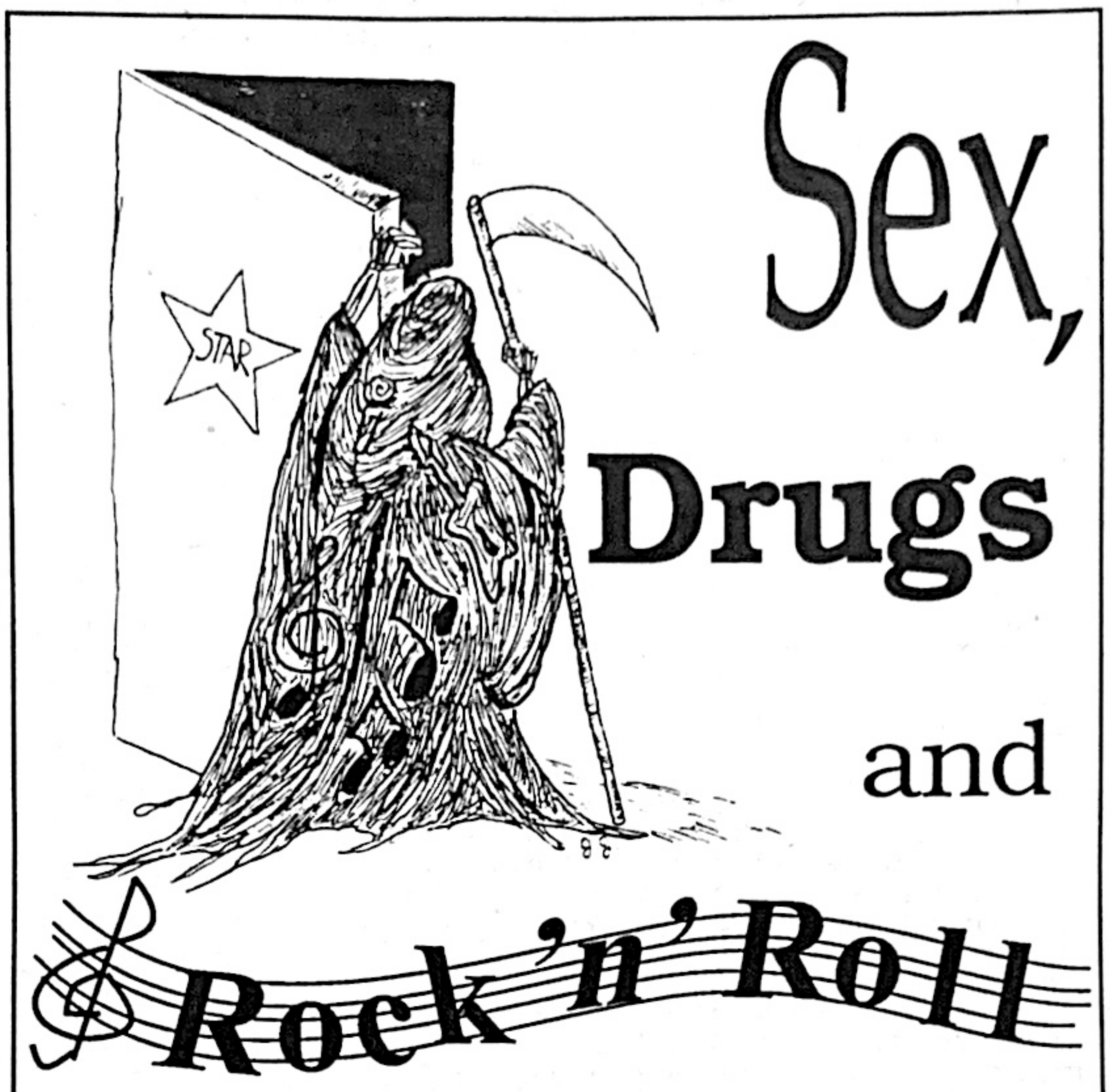
Shakerite artwork by Josh Mayers

The biggest shock was the politics involved. We live in an image community, a place that tries to look good and usually succeeds. In our attempts to report the news, good or bad, the Shakerite staff has sometimes locked horns with those who refuse to believe any negative press. Our school's multi-cultural student body is one of our greatest resources, but to my surprise I discovered that anything any of us wrote about race relations prompted vocal opposition. We were criticized for ignoring the issues. Then we were reprimanded for saying too much about them. A journalist (or anyone else, for that matter) can't win in politics, so we did our best to instead report the news and views as we saw them.

Rooms 224 and 229 have been my real educational environments, and saying goodbye to them will be a milestone. Whether or not I'll find myself in another newspaper office months or years from now I do not know. But I will carry into all future activities and careers an understanding of people and politics which the Shakerite has undoubtably given me.

On behalf of all graduating members of the Shakerite, congratulations and best of luck to the incoming staff. You are an unusually experienced and talented group of editors, and I am sure that you will lead the Shakerite into even greater planes of excellence. Mrs. Sally Schwartz, as our adviser, will be your support, resource and, most especially, your friend throughout the year. To all of the '93-'94 editors, managers, reporters, artists and photographers and to everyone in the community who contributed to our paper with letters to the editor, thank you for your commitment to our publication–and to our education.

Sex, Drugs and Rock 'n' Roll



Should society turn its back on movie and rock stars who play hard–and die tragically?

BY COURTNEY MASINI
Managing Editor

With the recent deaths of Kurt Cobain and River Phoenix, it is important to recognize their achievements in life, but it is more important to stand back and look at what caused their and so many other celebrities' deaths, namely drugs.

We must try to learn from these untimely deaths rather than blindly ignore their causes. If a person is famous, he or she becomes immune to what is "right" and "wrong".

While these losses are sad and painful for the movie and music industry and the fans of these two young entertainers, the fact remains that they both died at their own hands.

Their deaths have been called tragic, and while they are sad, it isn't as if they died due to some unpreventable accident that took them by surprise.

Cobain recently committed suicide by shooting himself in the head with a shotgun after getting high on heroin and valium. This suicide occurred about a month after he recovered from a near fatal coma that was induced by a combination of barbituates and alcohol, possibly another suicide attempt.

It is true that Cobain led a confusing, traumatized life, and he turned to drugs as an escape from the pressure, but this does not make his drug use right. He had the means to get the best help available, and yet he left a drug rehabilitation program shortly after beginning it. Rather than trying to combat his problems, he gave up and killed himself.

River Phoenix, who died this past March, was known for his dedication to the Earth and to various other social causes, including anti-drug activities. This dedication was good. It is also true, however, that he died from a fatal mix of heroin, marijuana, cocaine and other illegal narcotics. This is the fact we should be concentrating on, not to mention the fact that he was a hypocrite.

Although Phoenix's was not a case of suicide, his death was caused by his addiction to drugs. How can we as a society overlook this fact and mourn his death as if it were by natural causes? It is almost as if we were making it a noble thing for an actor and celebrity to die by overdosing on drugs.

Overdosing on drugs like Phoenix and committing suicide like Cobain are about the two most unnoble ways to die. What is so cool about putting toxic substances into our bodies and forcing ourselves into cardiac arrest, or consuming so much alcohol that we die from choking on our own vomit?

These are disgusting and terrible ways to die. How can we go on ignoring why Phoenix and so many other celebrities have died when there are so many lessons to be learned?

How can kids our age want to subject themselves to further drug abuse after seeing the way so many people have died? This is a characteristic of the immortal feelings teenagers often have. Don't be fooled; no one is immortal, and drugs can kill anyone.

We as a society glorify and make martyrs out of people like Jimi Hendrix, John Belushi, Jim Morrison, Janis Joplin, Elvis, Marilyn Monroe, River Phoenix and probably soon will out of Kurt Cobain. Is this right?

While it is fine to mourn their short lives, we must remember that they died from their own stupidity and from their own addictive habits. If they hadn't started to use drugsin the first place, all those people would probably still be alive today and we could still enjoy their talents.

The only positive effect that any of these deaths could have would be if they were used as an example of what not to do. It is obvious from their lives that drugs are not the answer to relieving stress or getting away from life's pressures; they only compound the problem.

These deaths should be a lesson to everyone who has done drugs or is considering doing them. Look at these talented people who have died so young and thoughtlessly.

Think of what a success any person has the possibility of becoming someday, whether it be a celebrity or not, and remember how much more useful and productive a person will be throughout his or her life if that individual stays sober and off drugs.

It is doubtful that when they were younger either Cobain or Phoenix dreamed of coming to the ends that they did. It would be sad if someday the world is mourning the loss of yet another young and talented person...and that person is you.

Think about it.

Cobain remembered for talent, not drugs

BY MILES BERGER AND EMILY GOETZ
Staff Reporters

"I hope I die before I get old," Pete Townshend once said. He never carried out his idea, but Nirvana's lead singer Kurt Cobain fufilled Townshend's wish.

On April 7, Cobain sat down next to a second story window of his Seattle home, overlooking the Puget sound. He shot up some herion, penned a note to his wife and daughter and then blew off his head with a shotgun.

His death was a great tragedy for all of Nirvana's true fans. Cobain was often called a spokesmen for his generation because of the angry songs he wrote. Nirvana was so succesful because of his ability to write angry songs with catchy rhythms.

"His death is a great loss, because once you get through all the distortion and grunge, he was basically a great pop songwriter. It's almost like you can hear the Beach Boys in there," said former Police guitarist Andy Sumners.

Cobain lived an unhappy childhood, alternating homes with each of his divorced parents. He was a loner and dropped out of high school, despite the fact that many girls found his piercing blue eyes and blond hair attractive. His father emotionally and physically abused him.

His mother Wendy O'Connor reflected on this abuse in *Come as You Are: The Story of Nirvana* by Michael Azerrad.

"My mom says she remembers a time when [his father] actually threw Kurt clear across the room," O'Connor said.

This physical abuse as well as many other childhood problems provided the driving force for Cobain's angry music. Incidents occuring during his youth caused him to become severely depressed later in his life. However, simply screaming about his childhood problems in the songs he wrote didn't help his situation. Cobain started to take heroin, primarily as a release for his depression and anger.

"I have had contact with [Cobain] in the past few weeks, and I was trying to encourage him to seek treatment. . ..for some of his underlying psychological pain and trauma that . . . eventually fueled his self-sabotage (suicide)," said Stephen Chetoff, executive director of Anacompo by the Sea, a drug rehabilitation center.

Cobain had many health problems, including a bad back and chronic stomach pain that no doctor was able to cure. His only relief from these health problems was the endorphin rush caused by performing concerts.

The combination of his health and emotional problems led Cobain to take drugs. While many people take drugs just to feel good, Cobain took them as a release from health problems, both physical and emotional. Unlike celebrities like River Phoenix, who took drugs just to get high, Cobain took drugs as therapy for his problems. Phoenix died of a drug overdose. Cobain committed suicide. Thus, there is no comparison between the deaths of Phoenix and Cobain, nor should there be. Every death is tragic, regardless of whether it was caused by suicide, drug overdose or natural causes.

In the end, it is unimportant how Cobain died, nor should his death be misconstrued as an arguement against drug use by people that never liked his music anyway. The important things to remember are Cobain's accomplishments when he was alive. Thus, Kurt Cobain should be remembered as a man who converted his anger into powerful music, who was a pioneer of the grunge sound and a man whom many young people related to because of his anger, depression and feelings of alienation.

> ***"Kurt Cobain should be remembered as a man who converted his anger into powerful music, who was a pioneer of the grunge sound and man whom many young people looked up to...***

Playing devil's advocate

Kurt Cobain in his own words: Was he a 90s youth role model or a hopeless addict?

Cobain the role model:

"We have a lot of young fans, and I don't want to have anything to do with inciting drug use. People who promote drug use are [expletive]. I chose to do drugs. I don't feel sorry for myself at all, but have nothing good to say about them. They are a total waste of time."

"There's nothing better than having a baby. I've always loved children. I used to work summers at the YMCA and be in charge of like 30 preschool kids."

"I don't want my daughter to grow up and someday be hassled by kids at school...I don't want people telling her that her parents were junkies."

Cobain the hopeless addict:

"[Wife Courtney Love] better hope to God that someday I don't find myself destitute without a wife and baby, because I'll...get revenge on her. Before I leave this Earth, she's going out with me."

"It didn't bother me [when people started talking or writing about possible drug use] because I've always admired Keith Richards and all these other rock stars associated with heroin. There had been some type of glamour element to it."

"It started with three days in a row of doing heroin and I don't have any stomach pain. That was such a relief. I decided, "I'm going to do this for a whole year. I'll eventually stop. I can't do it forever because I'll die."

–sources: Los Angeles Times, Sept. 21, 1992, and Birmingham News, Nov. 26, 1993

Movie trivia to fulfill your cinematic thirst

✓Percent of New York University film students who plan careers as screen writers: **10 percent**
✓Percent of Hollywood purchased scripts that make it to the screen: **Five percent**
✓Average number of film and TV scripts registered daily with the Writers Guild of America, West: **110**
✓The most popular Academy Award Best Picture winner: **Gone With the Wind, 198 Million Tickets**
✓The first film awarded the Best Pictue Academy Award: **Wings (1927)**
✓Most powerful person in Hollywood: **Steven Spielberg**

Source: Premiere Magazine

Prom plans made easy

BY MILES BERGER AND VANYA GREEN

Staff Reporter and Co-Arts & Entertainment Editor

You have been hearing about prom since September. But now that it is finally here, are you ready?

Dates

Although traditionally men are expected to ask women to prom, many students feel that in this day and age, a woman can just as easily ask the man. In fact, some men feel a sense of relief if a woman asks them.

"It would make me feel good [if a woman asked me to prom]. Then I don't have to be the pursuer all the time," senior Devon Fisher said.

Restaurants

Once you have got a date (or if you end up going stag with some friends), you will need some place to eat. Remember to place a reservation as soon as possible. Restaurants favored by Shaker students include:

✓Z-Contemporary Cuisine
28601 Chagrin Blvd.
591-1545

✓Hyde Park Grille
1823 Coventry Rd.
321-6444

✓Morton's Steakhouse
230 Huron Rd.
621-6200

✓Classics
Carnegie Ave. and East 96 St.
791-1300

✓Massimo Da Milano
1400 West 25 St.
696-2323

✓Top of the Town
100 Erieview Plaza
771-1600

✓Cafe Brio
5433 Mayfield Rd.
473-1670

If you are running a little low on cash, you could make a romantic dinner served by candlelight. (Only do this if you are an experienced cook, or you might not have much of a dinner at all.)

Limousine Services

■A1 Limousine Service
4090 Mayfield
381-4433
$135 for Three hrs. $35 each additional hour
15 percent tip and $50 deposit

■American Limousine Service
11723 Detroit Ave.
221-9330
$50 per hour
$50 tip

■Cleveland Auto Livery Limousine
10802 Cedar Ave.
421-1101
$50 per hour
15 percent tip

Florists

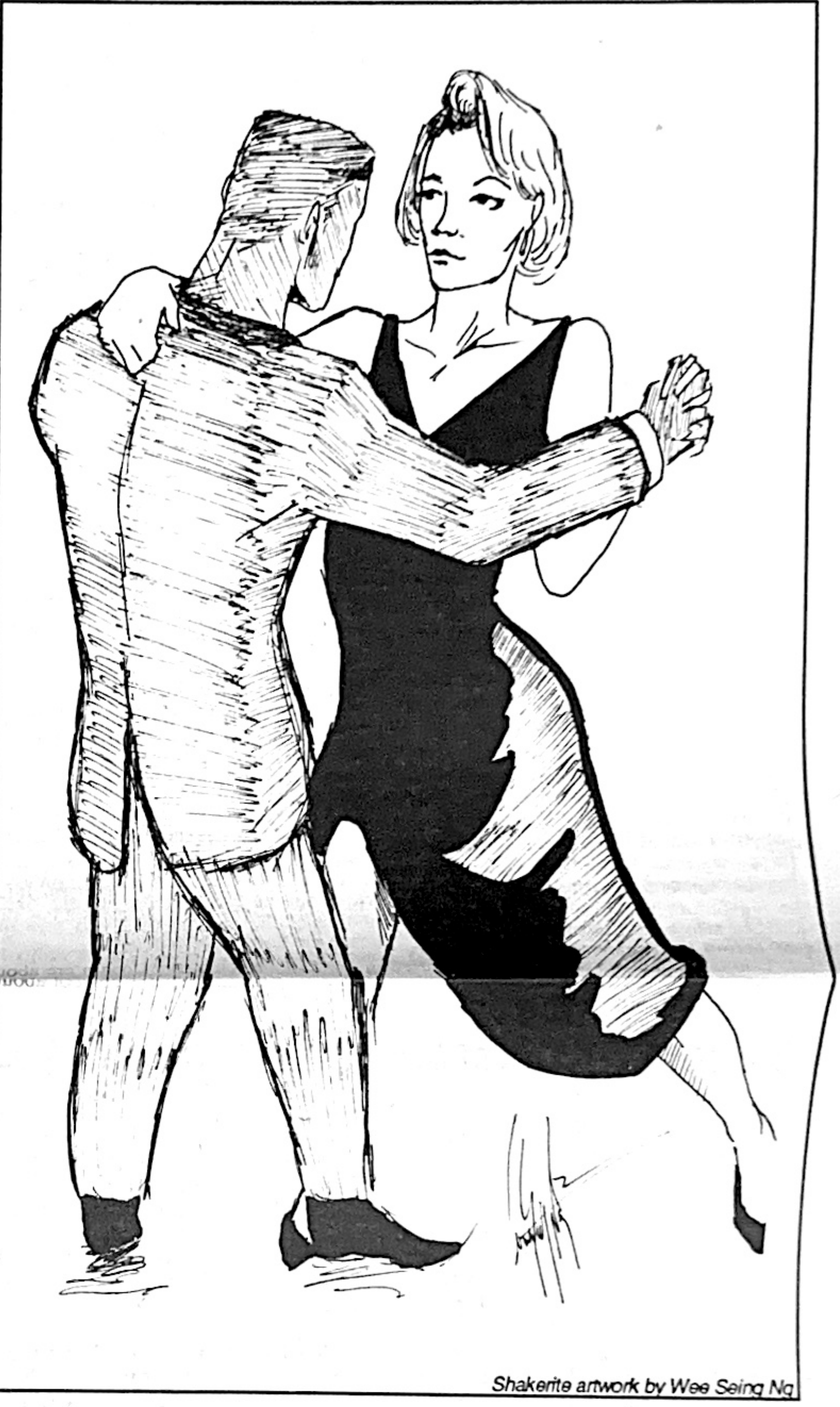
✓AJ Heil Florist
3233 Warrensville Center Rd.
921-3100
corsages (worn by the woman): $15-$25
boutonniere (worn by the man): $Five-$10

✓Gali's Florist and Garden Center
21301 Chagrin Blvd.
921-1100
corsages: Three roses $Nine
boutonniere: $Five

✓The Plant Co.
20116 Van Aken Blvd.
283-8898
corsages: $16.50
boutonniere: $6.50

✓Plantscaping
13231 Shaker Square
991-9136
corsages: $15
boutonniere: $Five

Now that you have everything you need for the perfect prom, you are all set. All that is left for you to take care of are your anxieties.



Shakerite artwork by Wee Seing Ng

Springtime fun has just begun to blossom

THE Grapevine

BY COURTNEY MASINI

Managing Editor

Can you believe it? Spring is finally here. After a winter that seemed like it would never end, the birds are chirping and the snow is finally melted and gone for good.(knock on wood!) So what can you do to fully enjoy spring and shake of those winter doldrums? Take a look at this list and get outside to enjoy the blue skies and green trees.

○Have a picnic. Picnics at the Shaker Lakes or anywhere else are a terrific way to get outdoors and maybe get some early games of frisbee, volleyball or baseball in.

○Get a tan. True, it is not very warm out yet, and the sun is not at its maximum intensity, but it is worth a try. Besides, it serves as good practice for summer.

○Visit the Nature Center. The flowers are blooming, and nature is coming alive after a long winter of hibernation. So get out and make the most of it.

○Go puddle hopping. This is a time honored tradition that must be done whenever April showers come. So you will get a little wet, who cares? Relive your childhood, because a little water never bothered you then.

○Go to a baseball game. America's favorite pastime is in full swing, and Cleveland is the place to be! With a new ballpark and some good weather, go out and see what the Indians can do. Or, if you prefer to stay closer to home, go out and support our school's baseball and softball teams.

○Go to the zoo. All the animals that have been hiding from the cold and snow all winter will be out and happy to see you.

○Go on a hike, bike ride or just a nice long walk. The weather is perfect to get outside and flex those muscles that have been cooped up indoors for so long. As an added incentive, the scenery will be great no matter where you go.

○Go for a drive. Find a convertible, put the top down, and take a spin.

○Go cloud watching. All you need is the ground (preferably dry) and a sky full of white, puffy clouds. There are a lot of interesting things up there if you look long enough.

This is only the beginning of the tremendous amount of things you can do to celebrate spring. So enjoy it while it is here, because while it seems that great weather is here to stay, time will fly, the wind will begin to blow and the trees will once again lose their leaves, starting another long winter.

Concerts

Blossom
✓Lynyrd Skynyrd and Ted Nugent (May 28)
✓Elvis Costello and Crash Test Dummies (June 2)
✓The Moody Blues (June 10)
✓Michael Stanley (June 11)
✓Depeche Mode (June 12)
✓The Beach Boys (June 17)
✓Metallica (June 18)
✓Steve Miller (July 8)
✓Jummy Buffet (July 18, SOLD OUT)
✓Michael Bolton and Celine Dion (July 20)
✓Traffic (July 28)
✓James Taylor (Aug. 17)
✓Bonnie Raitt and Bruce Hornsby (Aug. 24)

Cleveland Municipal Stadium
✓Billy Joel and Elton John (July 14)

The Coliseum
✓Bryan Adams (May 21)
✓Phil Collins (July 11-12, SOLD OUT)

The Agora
✓Sheila E (May 5)
✓The Henry Rollins Band (May 18)

The Convocation Center
✓The O'Jays and levert (May 7)

The State Theater*
✓Peter, Paul and Mary (April 30)

Tickets are available through TicketMaster at 241-5555
*Tickets available through Advantix at 241-6000

Ozone hole life-threatening

BY REBECCA ENTEL
Co-Centerpiece Editor

There is a hole in the sky.

No matter how many times we hear it, the fact is still startling: there is a hole in the sky.

But more importantly, when we look to our government, environmentalists or scientists, there is another hole—a void where a solution should be.

We caused a hole in the sky, and we have no way of fixing it.

In 1983, a hole was found the size of the United States and the depth of Mt. Everest. This hole is in the layer of the atmosphere, called the stratosphere, which protects the Earth from the sun's ultraviolet radiation. Before this layer—the ozone layer—developed, no life was able to exist on Earth.

Chlorine which reacts with and virtually destroys the ozone. This element occurs in the atmosphere from three main sources. Minor amounts are results of natural volcanic emissions and a very small amount from space shuttle exhaust.

The major portion of the chlorine comes from chlorofluorocarbons, better known as CFCs. These are used mainly in spray cans, styrofoam, in the packaging of air conditioners and in the manufacturing of microchips and refrigerators. The destruction of the ozone layer occurs when chlorine atoms from CFCs collide with a molecule of ozone.

Despite the discovery in the 1970s and 1980s that CFCs were connected to, and later found to indeed cause, the destruction of the ozone layer, CFC production increased.

The CFC industry excused their actions by arguing that a newly utilized chemical, methyl chloroform, was harmless because it was partially destroyed in another layer of the atmosphere, the troposphere.

Later tests, however, showed that the portion of this new chemical that escaped to the ozone layer was responsible for almost half of the chlorine existing there. Similar arguments by the CFC industry were disproved by scientific data until finally, in 1989, all further CFC manufacturing was banned. There are to be no more CFCs in use by the year 2000 throughout the world.

It would seem, then, that our void is filled by this ban, yet studies show differently. Research shows that even if CFCs had been totally and immediately banned upon the problem's discovery, the ozone would continue to deplete for another 100 years because of the already used CFCs that have not yet reached the stratosphere.

CFCs are shown to have a long lifetime in Earth's atmosphere. Ninety percent of all CFCs put in the air during 1987 will still be around in the year 2000. Thirty-nine percent will still exist in 2100 and seven percent of the CFCs will remain until the year 2300.

These numbers show the devestating effect of delaying the ban of CFCs until long after the problem was first discovered. Not only on our planet, but on us. A mere one percent decrease in the ozone increases the amount of UV-B rays that reach the Earth by two percent.

This situation results in an increase of eight percent in cases of skin cancer. In 1989, the National Academy of Sciences estimated a 44 percent increase from previous amounts in biologically dangerous ultraviolet radiation due to the ozone depletion by CFCs. A reported 80,000 cases of skin cancer occur each year in the United States alone.

Besides skin cancer, other major problems have been documented as being directly related to the hole in the sky. Phytoplankton, the base of the Antarctic food chain, are being killed by ultraviolet rays.

In addition, CFCs have been shown to contribute to the greenhouse effect; the 1973 rate of CFC production alone could result in a .5 degree Celsius increase in temperature in only 50 years.

More action to preserve the ozone must be taken or we will return to a state in which the earth is unprotected from deadly rays. Boycotting products and companies which still produce CFCs can be a productive way to voice your concern.

And we can all partially protect ourselves from the sun's harmful ultraviolet rays by avoiding unprotected contact with strong sunlight.

It is too late to reverse the rapidly growing hole in the sky. And no solution can be complete. Yet we can fill the void with knowledge of the problem and set our minds on protecting the future.

Shakerite artwork by Dan Eisenberg

Garbage problems piling up quickly

BY THOMAS MCGILL
Staff Reporter

The world is going through a crisis concerning waste. Our carelessness now and in the past is slowly catching up with us. Our natural resources are running out and waste products are piling up, polluting our air and water. We need to do something about it now–but what can we do?

One of the things we can do to help solve the recycling and waste problems is to make a strict law, making us recycle and separate our garbage. However, just making laws about recycling and garbage separation will not solve all of the problems that wastes cause.

Every three months, Americans throw out enough aluminum cans to rebuild the entire U.S. commercial fleet. That is just one of many startling facts about the waste problem that is destroying our world–slowly but surely.

Things we throw away and no longer need are called discards. The amount of discards that leave our trash cans each year totals 180 tons. Only 40 tons are used for energy and recycling, the rest goes into landfills.

We can process manufactur items to be reused by collecting, sterilizing and refilling the product. There are several things in your house that can be reused. Glass can be reused, all you have to do is take that old jelly jar, clean it and use it as a glass.

Recycling is another method to cut down the amount of waste in landfills. This is the reprocessing of materials in manufactured items to make new manufactured items.

Recycling does not only include cans, bottles and paper, it also includes liquids. Seventy percent of the recycled solvent waste is distilled at a plant into usable ink and paint thinners, and the rest is processed into a fuel supplement that is burned in the production of cement.

But how will recycling help prevent pollution? And what about cleaning it up now?

WASTE REDUCTION, DISPOSAL & RECYCLING

RECYCLING OF OHIO
921-6500
SHAKER RECYCLING HOT LINE
491-1456

Cleaning up the waste is going to be an enormous job, and we are going to need more than just one technique. First we need to figure out how to get most of the pollutants out of our ground water. Several counties in various states of the midwestern United States have no fresh, surface water resources, and the area's entire population depends on groundwater for drinking.

One good way of cleaning up the water is purification. This process requires expert chemists. The steps involved in carrying out the purification of water are first screening the entry of fish, sticks, rocks and other large objects into the water treatment plant.

Secondly, there is pre-chlorination, in which chlorine, a powerful disinfecting agent, is added to kill disease-causing organisms and bacteria.

Thirdly, there is flocculation, a process in which chemicals are added to the water to get rid of particles, such as colloidal clay.

Another problem we need to address due to waste is the overloaded landfills around the country. The highest points in southern Florida today are literally mountains of trash- they are the tops of landfills.

How can we get rid of the trashy landfill mess? One method to rid ourselves of many landfill sites is to burn the trash. This would open up vast stretches of land for other, more important uses. In the early years of the twentieth century, trash and garbage were generally burned.

Granted, this caused some minor air pollution, however, new landfills were not constantly having to be created, nor were existing ones overflowing with garbage. The only thing we need to do is look over the garbage for recyclable or reusable items before burning it.

Until the 1970's, landfills seemed to be the perfect solution to trash disposal headaches, but now this quick and easy solution has turned into a nightmare.

After we get rid of the debris and waste, we can test the dirt for possible toxics and then reuse it for other purposes.

Something must be done immediately! The ground water must be cleaned up, liquid wastes must be properly disposed of or made safe for human use, recycling must be put into law and the landfill problem must be addressed.

Let's make this year's Earth Day count.

Oceans, lakes losing pollution battle

BY ANGELICA ELLIOTT
Staff Reporter

Dirty syringes. Empty fast food containers. Harmful chemicals. These may sound like items you would find in the trash or a landfill, but too often theyz are found in our lakes and oceans.

Water pollution is not a recent problem. It has plagued our main water sources for years, but is just recently receiving publicity and concern.. More education is needed on the subject.

When most people think of water pollution, they think of industrial waste dumped by large corporations. This is true, but there are also more common forms of pollution. Something as simple as washing a car can be hazardous to our water supply. This may seem a little ridiculous, but the suds that run down our driveways end up in the sewer drains on the side of the road. All items that enter the sewer system, along with human waste and other raw sewage, eventually wind up in lakes and oceans. Although it does not seem reasonable to ask people not to wash their cars, the fact that something as simple as this act could cause pollution is mind-boggling.

Too many corporations and medical facilities believe in an "out of sight, out of mind" philosophy. The government allows these facilities to legally dump materials and chemicals at designated industrial waste sites.

Some of these materials are medical supplies, human tissue contaminated by germs and garbage containing non-biodegradable products. The problem with these sites are that they are sometimes not chosen properly and wastes end up seeping into nearby bodies of water.

Though there are regulations about the amount of chemicals and waste that companies are allowed to dump, some people are still dismayed at how much toxic waste dumping companies are able to get away with.

Oil spills are perhaps the most well-known source of water pollution due to attention from the media. Who could forget the Exxon Valdez? It was one of the largest, most devastating oil spills in American history. The oil tanker spilled millions of gallons of oil into the Arctic ocean, killing thousands of animals and polluting the shores.

OCEANIC ORGANIZATIONS

IN WHICH YOU CAN VOICE YOUR CONCERNS AND BECOME INVOLVED ARE:

- *GREENPEACE*
- *THE COUSTEAU SOCIETY*
- *OCEANIC SOCIETY*

The addition of many new people to America has also contributed to the increase in water pollution. More people mean more water, therefore, more waste. Population growth causes fresh water to become very scarce.

Pollution ruins the aqautic ecosystem which is an essential part of the living cycle. The effects can be devastating. Not only does aquatic life die and suffer, but the human population also faces consequences. Water pollution has been known to spread disease to people who live near polluted areas. We not only use water for bathing and cleaning, it is also a source of nourishment. Humans depend on fish and other sea creatures as food to maintain a certain diet. Once these animals are gone, every living thing in the food chain will suffer.

Water is also a great source of oxygen for those of us who breath, which includes the majority. Many think plant life is our main source of oxygen, but they are wrong. Plants could never provide enough oxygen for the entire world.

While there are no concrete solutions to this complex problem, there are alternatives to current behavior. Here are a few suggestions:

- New ways of treating sewage are discovered each day that will be able to remove harmful wastes and purify water.
- A safer way of transporting toxic waste and a safer place to store it should be researched.
- More efficient ways to clean up garbage and oil spills from the water should be researched. Regular tests of the water for impurities should also be employed.
- Conserving freshwater sources by taking short showers, not letting the water run in the sink and repairing leaking systems helps to conserve water.

The only way that water pollution will decrease and eventually become less of a threat is if we all become informed and involved. Clean water is essential to life on Earth and must be preserved for future generations.

EARTH DAY 1994

SOURCES FOR ARTICLES:

- *The Ozone:* Fire and Ice by David E. Fisher; Ozone Crisis by Sharon L. Roan; The Hole In the Sky by John Gribbin
- *Water Pollution:* "Are Your Waters Polluted?" by Creative Teaching Press; Ocean Pollution by Maria Talen; Water Pollution by Kathlyn Gay
- *The Rainforests:* "They Don't See (Tropical) Forest For the Trees" by The National Catholic Reporter; The Rainforest Book by Scott Lewis; "Tropical Forests: An Endangered Species" by World Press Review
- *Waste and Natural Resources:* Chemistry in the Community

Destruction of rainforests brings storms of planet problems for Earth and its inhabitants

BY NICOLE SUTCLIFFE
Staff Reporter

Distant cries of fear make their way to our ears as fire slowly kills all life.

Each year 80,000 to 100,000 square miles of tropical rain forest are destroyed, an occurrence which will eventually destroy our environment.

"Current estimates are that tropical deforestation accounts for between 10 and 30 percent of carbon dioxide emissions into the atmosphere," said Eric Christian of the Natural Resources Defense Council in the March issue of The National Catholic Reporter. "Such emissions of greenhouse gases have set in motion changes that will increase global temperatures, resulting in the melting of ice caps, changing rainfall patterns and raising sea levels."

One hundred sixty to 400 inches of rain fall per year in the rainforests, this is half of all the rain in the world. When the forests are cut down rivers grow during the rain, but shrink during the dry season causing the land erosion to increase.

Rainforests are only seven percent of the earth's land area, but contain approximately half of all its species. For example a forest in Southeast Asia contains 650 mammalsand 850 amphibians, approximately one third of all species in the world. Every two hours another species is eliminated, which adds up to 17,500 lost to us each year.

Demolishing the forests by fire or cutting down the trees will cause numerous complications such as erosion, floods and a change in the climate. The only reasons for the destruction are to start unproductive cattle ranches, yet these rainforest ranches are only 25 percent as productive as others in the United States.

Problems first occurred in Africa when companies were given permission to harvest valuable rainforest timber. First the number of trees taken was small, but newly-formed South American governments sold them for a profit. Loggers soon moved in and turned the forests into farms and roads.

PRODUCTS TO AVOID:

THE MANUFACTURERS OF THESE PRODUCTS ARE MAJOR CONTRIBUTORS TO RAINFOREST DESTRUCTION.

- "Angel Soft," "Cormatic,""MD" toilet paper
- "Sparkle," "Mr. Big," "Delta" paper towels
- "Coronet," "Hudson," "Soft Ply" napkins
- "Cardigan," "Hopper" paper

Source: Dupree's Diamond News"

The heaviest demand, however, came from Japan. The Japanese strategy has been to tack onto an area until the supply diminishes, then move to another, such as Brazil.

"This transcontinental wood connection means that the destruction of what is the largest rainforest region of the world will occur faster," according to the May issue of the World Press Review.

When the forest is cut down, not only does the ground suffer but the canopy which is the richest source of plant and animal life in the forest is destroyed. Half of the mammals of the forest live in these trees.

Over the past 100 years, half of the world's 7.7 million square miles of rainforest have been destroyed. Many environmentalists are turning the forests into national parks, making them untouchable to the logging companies.

They also have made it possible for jobs such as rubber tapping and gaining medical information to be done without destroying the forests. Many of the plants in the forest are necessary ingredients to painkillers, disinfectants and items such as birth control pills.

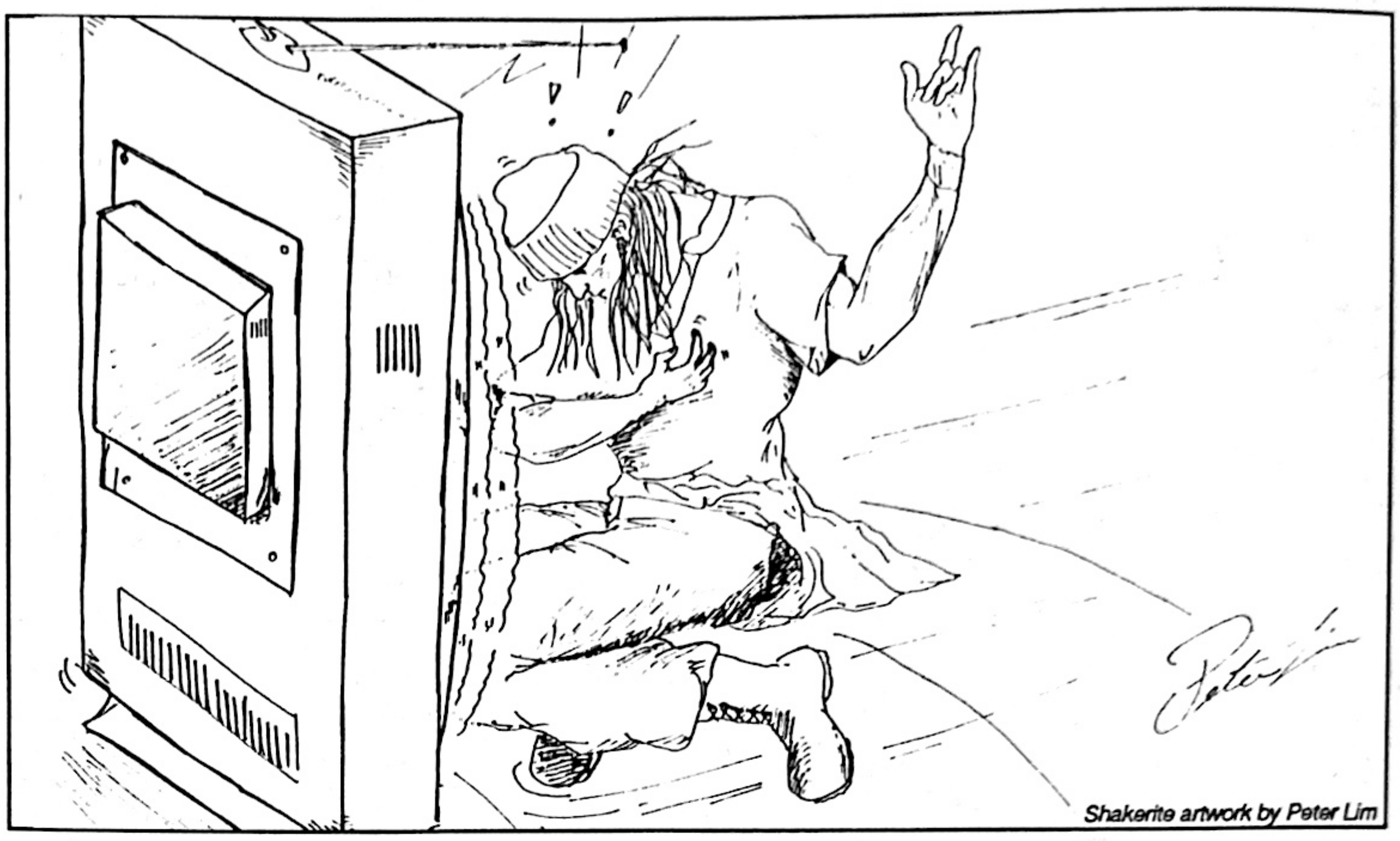
"The environment is not the only thing suffering in Brazil though besides animals, many tribes are losing their homes and also becoming extinct. Over the course of 100 years 87 tribes have become extinct leaving approximately 1,000 world wide" according to the World Press Review, May, 1989.

So while we're aware of our mistakes our actions will be mandatory in protecting the forests and ourselves, before another species can thrive no longer.

Lyrics degrade women and encourage violence

COMMENTARY

BY ALEX HAMERSTONE
Staff Reporter


Shakerite artwork by Peter Lim

At a party, a man sprays a woman with beer for refusing to dance. Is this man a pimp keeping a prostitute "in check?" No, he is one of today's highest paid and idolized musicians, acting in one of his music videos. He is Dr. Dre.

This type of entertainment is not only available to adults, but little children are constantly bombarded with these kinds of images. Children sing the praises of icons such as Dre, and in addition they sing his lyrics.

We learn in health class that rape and assault on women are products of our social conditioning, in which we are taught that men are the aggressors and women are the victims. Where do we get this conditioning? Much of it comes from idolized rock stars who show and describe women as the victims of men's aggressions.

The impact of music upon adolescents was addressed by Gerald Strom at a PTO meeting on April 15. Strom is the Director of Field Education and Director of Career Services at Case Western Reserve University's Mandel School of Applied Sciences.

The focus of the meeting was a documentary about the Music Television Network (MTV) entitled *Rising to the Challenge*. The main theme of this documentary was the effect of music upon adolescents. The film opened with the question, "At what age do children stop being influenced by the images that they see on television?" citing Sesame Street as a proven example that television images can have a profound impact upon a child's development.

But do music and images mold the minds of only children?

"I think that the music with the offensive lyrics has an effect on everyone who listens to it, not just children," sophomore *Steve Kresnye said.*

Music is always around us, in malls, in the car and at home.

"Music is an important part of our lives. Music is used for relaxation, mood changes, we listen to music when we get up, go to sleep and study," Strom said.

I was recently at the mall taking my 10 year old sister to buy new shoes. While in the store, a song with sexually explicit lyrics was playing. I asked the woman working in the store why she would subject the general population, especially my sister, to her pornographic music.

"Oh it's okay. This is the radio," she responded.

This woman obviously thought that anything in a medium readily available to the public, such as radio or TV, was okay for an impressionable young girl to be exposed to. It is sad that this woman was allowing the radio to govern her moral and social standards.

However, we can not depend on radio stations to stop playing music that depicts graphic violence or sexual acts. The radio stations are often as depraved as the "musicians" themselves. We as individuals need to stop worshipping these media-made exploitative millionaires.

Record companies see no problem with lewd and demeaning lyrics. They know all too well that sex and violence sell.

Sexually explicit lyrics are not a recent phenomenon. Sexual connotations in the song "King Size Papa," by the band Julie Lee and Her Boyfriends, helped project that song to the number 15 position on the 1948 pop charts. However, this was nothing compared to what can be heard on the air waves today.

Previous to the 1980s, if lyrics were of a sexual nature, they were shrouded in symbolism. The music may have contained many innuendoes, but the degree of sexual reference in music was all in the mind of the listener. In 1965 on the Ed Sullivan show the line " Baby can't you come back/ maybe next week? Can't you see I'm on a losing streak," was deleted from the Rolling Stones number one pop chart song due to its references to menstruation and intercourse. What would Ed Sullivan's producers have thought of the pornographic cartoon on the album cover of Snoop Doggy Dogg's *Doggystyle* album?

In 1985 Sheena Easton's number nine song "Sugar Walls" was banned by Dick Clark from America's Bandstand. Clark found the line "Come inside my sugar walls" to be an objectionable reference to female genitalia. During this same time, a group of young New York rappers called the Beastie Boys not only made clear references to sex in their first album *License to Ill*, but behavior at their concerts was also found to be objectionable. Topless females were present on the stage, and females in the audience were encouraged to remove their shirts. At the back of the stage, a 40 foot tall hydraulic model of a penis was raised into the air above the stage.

The 80s also embraced Guns and Roses. Not only do their lyrics clearly describe sexual acts, but they also endorse killing women, to whom they frequently refer as "bitches." The inside of their album cover for *Appetite for Destruction* features a painting of a rape.

With a lack of role models in our society today, people turn to major stars such as Guns and Roses for guidance. It is a scary world when our role models not only condone, but glorify acts that can scar people for life.

According to "Rising to the Challenge," "hard core pornography is available to children in the form of music albums."

Former Surgeon General C. Everett Coop was correct when he referred to today's music as, "senseless violence and pornography to the beat of rock music."

Choir and orchestra have a strong grip on Handel

SING IT. Senior Lydia Tolbert and sophomore Erin Okin sing in preparation for the choir and orchestra's Handelfest on May 3.
Shakerite photo by W. Michael Fleming

BY TOM TAYLOR
Staff Reporter

Members of the A Capella mixed and treble choirs, and orchestra returned from Virginia Beach last night after a long nighttime bus ride.

The purpose of the trip was not to have a vacation, but to develop the singers' and musicians' skills for the upcoming Handelfest.

Handelfest, an orchestral and choral event which will showcase the music of George Frederic Handel (1685-1759), will be held on Tues., May 3. It is designed to help high school students explore the arts from the Baroque Period (1600-1750).

The music department hopes that Handelfest will continue the excitement which last year's Requiem began.

Plain Dealer music critic Donald Rosenberg wrote of last year's Requiem, "Mozart, where he is, must be smiling."

Last year, students did not take a trip to practice together and did not have near the experience and understanding of their production as they should have this year.

During their four day trip to Virginia Beach, students participated in clinics with music professors and educators of Old Dominion College. They also took a tour at Williamsburg specifically to learn the influence of the music of England on the Colonies during the Baroque Period.

Handel was a German-English composer. Along with his contemporary Johann Sebastian Bach, Handel is considered one of the two greatest composers of the late Baroque period. His most famous composition is the oratorio *Messiah*. Many of Handel's works were misunderstood and rejected by his society. They have only recently won acceptance and been awarded praise.

Many of Handel's compositions were made during his residence at the Royal Academy of Music in England. The academy was opened in 1719 and Handel was its first music director.

The trip was not only a learning experience, but it was also a reward for the strong efforts members of the choir and orchestra have been putting forth.

"We've been working really hard and have accomplished so much," senior orchestra member Tamra Morris said.

Before leaving, choir and orchestra members were not exclusively concerned with preparing for Handelfest. Many said they wanted to spend as much time as possible relaxing.

"I plan to spend as much time as possible at the beach," senior choir member Courtné Coffey said.

English, art and music teachers are also participating in the Handelfest. Those teachers participating are bringing presentations to each other classes to develop a deeper understanding of the music, painting, literature and style of the period that encompassed Handel's life.

"We want students to get the complete experience of the music of Handel, but also experience the art and literature of that period," director of choirs Ron Morgan said.

"We are trying to give students a wholistic approach to the Baroque period," orchestra director Tracy Powers said.

The group also visited and performed a concert at Cox High School in Norfolk, Va. The high school groups are well recognized and have a strong reputation after the choir placed first and the orchestra placed second in competitions held two years ago at Virginia Beach.

Josh Mayers contributed to this article

Moon Lore

○ Many early civilizations worshiped the moon as a powerful god or goddess.
○ Some American Indian tribes believed the sun and moon are brother and sister, and the moon is the more powerful of the two.
○ Some ancient cultures looked at eclipses as bad omens of plagues and famine.
○ The ancient Chinese believed the cause of a solar eclipse was a dragon in the heavens was attempting to swallow the sun.

Shakerite source: The World Book Encyclopedia 1985

Out of Sight

A closer look at the sun, the moon and the stars above

Double stars

Zajac, Jons' love for the sky shines together

BY DEBBIE LIBMAN
Staff Reporter

You might find them staring at the stars, or you may see them building telescopes. But wherever you spot them, planetarium director Gene Zajac and librarian Kelly Jons are "out-of this-world."

Jons and Zajac have a starlit history together in astronomy they said. They have star-gazed, built telescopes and constructed a mirror-grinding machine that rubs two glass surfaces against a coarse surface to make a concave and a convex lens.

In addition to these projects, Jons said he even assisted Zajac in teaching his astronomy class while Zajac was on jury duty for three weeks.

Both Zajac and Jons became interested in the skies as youngsters and said they each have pursued the interest ever since.

As a boy, Zajac acquired an interest in space and astronomy while camping out in his backyard. Since then, Zajac said he has learned a great deal about the stars and planets that once puzzled him.

When entering college Zajac was strictly interested in space research, but while there, his interests turned to teaching elementary school. With a master's degree in elementary education and minors in science, math and reading disabilities, Zajac said he earned a good reputation in the sciences and his ability to work with children.

Five years ago, Zajac made the switch from Woodbury Elementary School to the high school planetarium. He now teaches one astronomy class at the high school and regularly has elementary classes visit.

In addition to Shaker students, Zajac said that he has visitors from John Carroll, Cleveland State and Case Western Reserve Universities. He also teaches students from an Akron elementary school, Nordonia High School and Shaker private schools.

Because he has a home in Macedonia, Zajac said he can star-gaze right out of his own yard. Light pollution is not a serious problem there, according to Zajac, who has four telescopes at home, two of which he himself made.

"In March and April, there are wonderful things in the sky," Zajac said.

Spring skies often provide the best conditions to view the stars and planets, according to Zajac. Ideal conditions for star-gazing are infrequent, because the moon and weather only cooperate about three times a year, Zajac said.

Often, Zajac invites his students and their families and friends to visit his home and star-gaze with his telescopes, and he said he is frequently taken up on this offer.

One of Zajac's most frequent star-gazing companions is Jons. Jons interest in space began early in high school.

On a farm in "the-middle-of-nowhere," Missouri, Jons did not own a telescope, but in the pitch black Missouri sky used binoculars to teach himself a great deal. He even saw a comet once.

Majoring in geology and art at Central Missouri State, Jons said he took one college astronomy class. He taught six years of science before getting his master's degree in library science.

Jons moved to Cleveland after earning his degree and began his career at the high school the same year Zajac took over the planetarium.

Interested in the history of telescopes, Jons said he has also made his share of these devices. Jons said he made three telescopes, one of which is a refracting telescope.

A refracting telescope is one which uses a convex lens as opposed to a reflecting telescope that uses a concave mirror, Zajac said.

So, as the sun sets and the stars shine in the sky, look up knowing that Jons and Zajac are probably staring at the same planets and stars with one of their homemade telescopes.

Sun's brilliance will be overshadowed by eclipse's splendor as moon crosses path

BY RACHEL ZINN
Staff Reporter

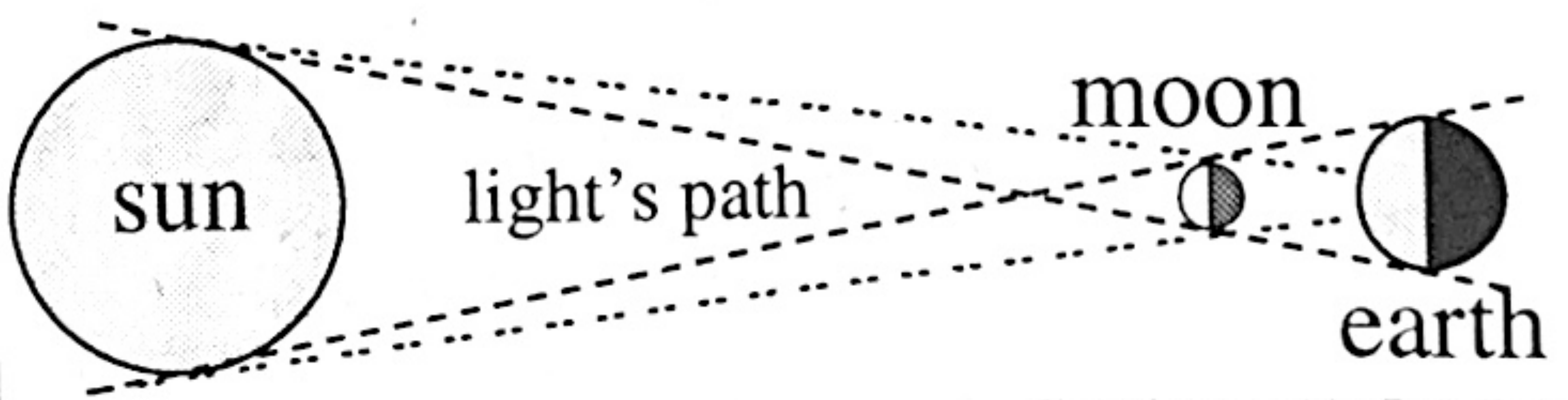
Those who are gazing at the sun on May 10 will see a dark shadow creep across it and smother the daylight. This is not the outbreak of nuclear war or a giant meteor colliding into the earth, but rather a natural phenomenon, a solar eclipse.

This solar eclipse will be visible in Cleveland and all over the world, provided that the skies are clear.

Cleveland will be one of the best places to view the eclipse, said Gary Bogner, planetarium director of the West Palm Beach Science Museum in an interview. We can view the eclipse well, because we will be able to see the moon's shadow when it is directly in the middle of the sun. This is not true in all areas of the world.

This eclipse will begin at 11:20 a.m. and last until 3:02 p.m. The best time to view it will be at 1:11 p.m. when the moon's shadow crosses the sun's center.

A Solar Eclipse



Shakerite artwork by Emily Troia

This phenomenon occurs when the moon orbits between the earth and the sun, and it casts its shadow on the sun. However, the moon is so much smaller than the sun that the rim of the sun can be seen around the shadow. Annular eclipses are also called ring eclipses because of its unusual, ring-like appearance.

Since the sun is so bright, watching the eclipse directly can be damaging to eyes. Solar eclipses present no more danger to the eyes than any ordinary day, planetarium director Gene Zajac said. The same ultraviolet and infrared rays, which damage eyes, are present on adaily basis as well asduring an eclipse, but the temptation to peer at the sun is far greater when there is an eclipse.

Zajac and Librarian Kelly Jons have been working side by side to prepare students and the community for this astronomical occurrence.

On May 10, solar observers will be available to every student and teacher in the school system Zajac said. The 3M Company and the Toledo Box Company are manufacturing the observers and Bowes Manufacturing is organizing their distribution to the school at no cost.

These mylar and cardboard devices allow people to view the eclipse without harm to their eyes. The solar observers block out 99.99 percent of the harmful rays.

Bogner offers another safe alternative.He suggests a method called pinhole projection. This consists of poking a piece of aluminum foil with a pin, so that you can project the image of the eclipse through the whole onto a white card where you can look at it safely.

Students will not be the only ones looking skyward. Scientists hope to gain knowledge from observing the eclipse.

"The eclipse helps scientists to better determine the moon's actual position in space," Bogner said. He explained that the moon's orbit is constantly changing, so the eclipse can be used to verify its present position.

Contributions to this article were made by Debbie Libman

ACHOO! Drop the Kleenex and stop the springtime sneezing and wheezing

W. Michael Fleming

As warm weather approaches and we exchange our wool sweaters for T-shirts, many students have to keep their Kleenex in hand– allergy season is here! Hay fever, rose fever and even summer colds are just a few common names for allergic rhinitis, or pollen allergy. Here are some facts about this pesky pollen problem:

○Approximately 50,000,000 Americans suffer from itchy and inflamed nasal passages caused by allergic rhinitis. For many people, other accompanying symptoms include difficulty in breathing, headaches and increased tiredness.

○Allergic rhinitis can be seasonal or year round. Seasonal allergies are due to pollen from trees, grasses or weeds, but year-round rhinitis results from allergens that are always present, such as dust, mold or animals.

○The solid particles involved in hay fever are tiny – usually below 50 microns in size (that's a lot smaller than the width of a human hair).

HEALTHFUL HINTS

○Allergic rhinitis can start at any age. However, it usually starts before the age of 40 and the most common age of onset is between 12 and 15 years.

○Eighty percent of those with allergic rhinitis have a family history of either hay fever, asthma or eczema, according to the National Jewish Center for Immunology and Respiratory Medicine. So, check your family history for clues as to whether or not you are in danger of getting allergic rhinitis.

Relieving hay fever is not always easy. Pollen is everywhere outside, so allergy suffers may have a hard time keeping away from it.

Freshman Sarah Abbott, an allergy sufferer recommends "staying at home and taking Benadryl". Here is what the experts say:

○Relief can often be found from over-the-counter medications such as antihistamines or decongestants. Antihistamines block the flow of histamine, reducing allergy symptoms. Decongestants clear up blocks or swelling in nose and air passages caused by swollen blood vessels.

However, antihistamines often cause drowsiness, and decongestants can make one to feel jittery and nervous. Remember that although these medications may relieve the symptoms of an allergy by making one feel better, they will not actually help the allergic rhinitis go away.

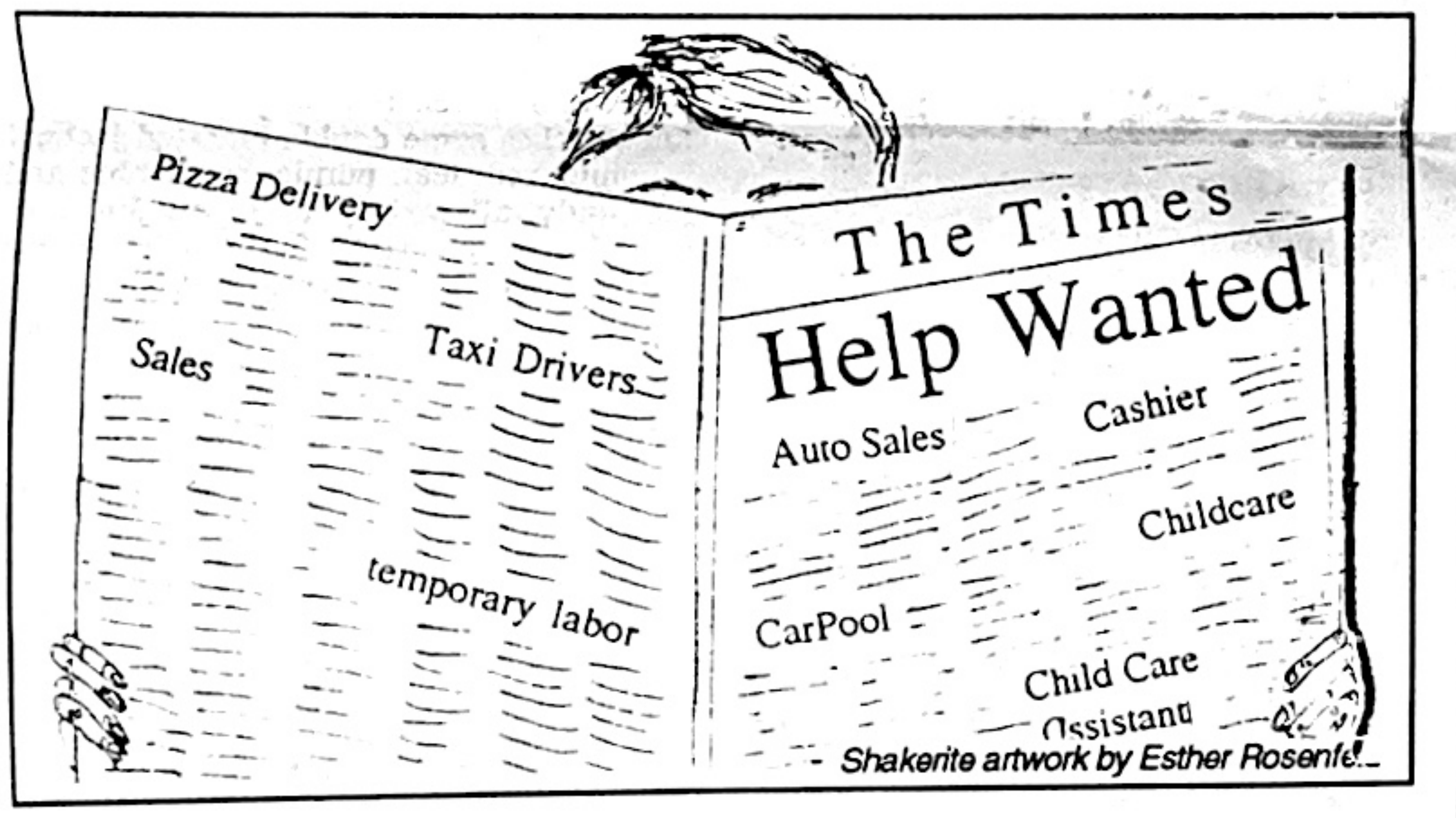
○Another over-the-counter alternative to staying at home all day is nose spray. Like decongestants, it relieves congestion in the nasal passages. However it is only good for short-term use, because it can quickly become addictive and eventually cause damage to the nose.

○Other medications and treatments can be prescribed by doctors. One treatment is immunotherapy, in which the patient is given a number of injections which gradually block the release of histamine, reducing allergy symptoms. This treatment is usually reserved for allergy sufferers who can not find relief from over-the-counter medications.

So, for those allergy sufferers who do not want red, puffy eyes and stuffed-up, sneezy noses, your best bet is to run for the drugstore or doctor's office. Gesundheit!

Facts compiled by Jessica Weeks

Get a job: Students search for summer work



Shakerite artwork by Esther Rosenfe

BY SEEMA SHAH
Staff Reporter

Summer is coming. Soon school will be out and long warm days will stretch out before us to be filled with sleeping-in and afternoons at the pool.

Sounds nice, but not everyone will be spending their summer this way.

For many students, summer means work and an opportunity to make money.

"It's a great time of the year for a student to gain practical experience without having to go to school. I also think it's an opportunity to work full time, if you want to make money for college," marketing education teacher Mark Leimsieder said.

Summer jobs can also lead to employment during the year.

"Very often, people look for summer help, and it can turn into a permanent part time job," Leimsieder said.

When applying for a job, it is best to start early according to Leimsieder.

"Start now and plan ahead. If you haven't found a job by May 15, you probably won't, because college kids come home and take them," Leimsieder said.

When in an interview, giving a good first impression is important.

"You have to sell yourself. Convince the potential employer that you are eager to work, honest, dependable and trustworthy," Leimseider said. "It's also a good idea to have a resume, because it puts you above those who don't have one."

Leimseider said that a standard resume includes the potential employee's name, address and telephone number. It also has the prospect's social security number, school attended, school address and references.

Student advisor Laura Barnett agrees that presentation is important.

"Dress appropriately, be prepared, put on your best face and be yourself," Barnett said.

The reason junior Markisha Robinson decided to get a job was because she needed the extra pocket money.

"I'm a cashier at Wendy's, but I don't like working. They work you hard and don't want to pay you anything. The extra pocket money helps, though," Robinson said.

Money is also the reason sophomore Emily Joseph decided to find employment.

"I'm going to be a lifeguard at the Jewish Community Center. I decided to do it, because I need the money," Joseph said.

So while some lounge in the sun answering the call of relaxation, others will be working hard to answer the call of their wallet.

Making job opportunities work for you

1. Find job openings by calling possible locations.
2. Fill out an application or make an appointment for an interview.
3. Be prepared when meeting potential employers.
4. Remember to dress appropriately and to be yourself.

Shakerite artwork by Wee Seing Ng

Now hiring

1. Amusement parks
2. Library Media Center
3. Shaker Recreation Thornton Park
4. Jewish Community Center
5. Country clubs
6. Personal Child Care/ all day babysitting
7. Painting
8. House cleaning
9. Lawn Care Service
10. Restaurants

Compiled by Seema Shah
Shakerite source: Marketing education teacher Mark Leimsieder

IN PROFILE

Making history

MacDonald challenges, makes past fun to learn

BY STEPHANIE HOLLOWAY
Staff Reporter

She knows Napoleon, Louis XIV, Otto von Bismarck, Michelangelo, Isaac Newton, Joseph Stalin, Voltaire and Winston Churchill, and each year she works to introduce them to her students in challenging and creative ways.

Stressing the importance of striving for excellence, social studies teacher Susan MacDonald, pushes her students to reach their full potentials.

"The high school is a great place. A higher level of expectations must be placed on students. Students must be pushed to think more, in order to learn more," MacDonald said.

However, teaching for MacDonald is not all work, history is something she has always loved. Through the years she experienced some funny situations, which make the job all the more enjoyable.

"Some of the answers I receive in blue books are always good for a laugh. I also enjoy having my students use costumes and role play," she said.

MacDonald said she is presently looking to expand the curriculum to include a history class that studies women's history. She feels women's contributions and their roles in history are often overshadowed by other groups.

"With the help of English teacher Patricia Lawrence, I'd like to teach a course that gives a different perspective of history through the eyes of women in literature as well as history," MacDonald said.

Many of her students said her classes force them to rise to the challenge with their best effort.

"I think I've learned more this year than in any other past year," sophomore Virginia Pierce said. "In order to get a good grade, you must think conceptually."

Besides teaching, activities such as reading, swimming and power walking fill MacDonald's life.

She also dedicates a lot of her time to her two daughters, Heather, a Shaker graduate, and Lindsay, who is currently a senior and shares the school with her mother.

"When I first came here, I was a little embarrassed and avoided her, but now it's cool.," Lindsay said.

MacDonald says she will continue her determination to keep her students thinking and being all they can.

"There is a tendency to find an easy way out. I'm just trying to continue to keep high standards,"

The grand finale

Hunting the prom dress that will make a killing

BY DONALD HILL
Staff Reporter

Roaming the mall, hunting for the perfect dress can be overwhellming– that is, if you don't have a plan of attack.

There are many designs out there. One might have a difficult time deciding where to start. Pick out a few features you would like your dress to have for a starting place.

Also have an idea about the features you would like to play down. For example, if you have larger hips, you might want to find a dress that flares out at the waist line.

Keeping track of all the dresses you might pick as "the one," can be mind boggling, so don't feel embarrassed to make a few notes about the dresses you like and dislike. For each dress write down the store, the name of the designer, the price and what made it so special.

Peace out, and remeber to *always* stay in style!

Never let them see you sweat: last minute dress success

BY DONALD HILL
Staff Reporter

That girl has your dress on!

It is every girl's nightmare to show up at prom in a dress which she thinks is so unique, only to discover that someone else liked it as much as she did and wore it the same night. It also is a tragedy when a girl, frustrated from last minute dress shopping gives up and spends a fortune on a dress in which she feels uncomfortable, and maybe even ugly. Be wary and patient when prom shopping and the night will be a success.

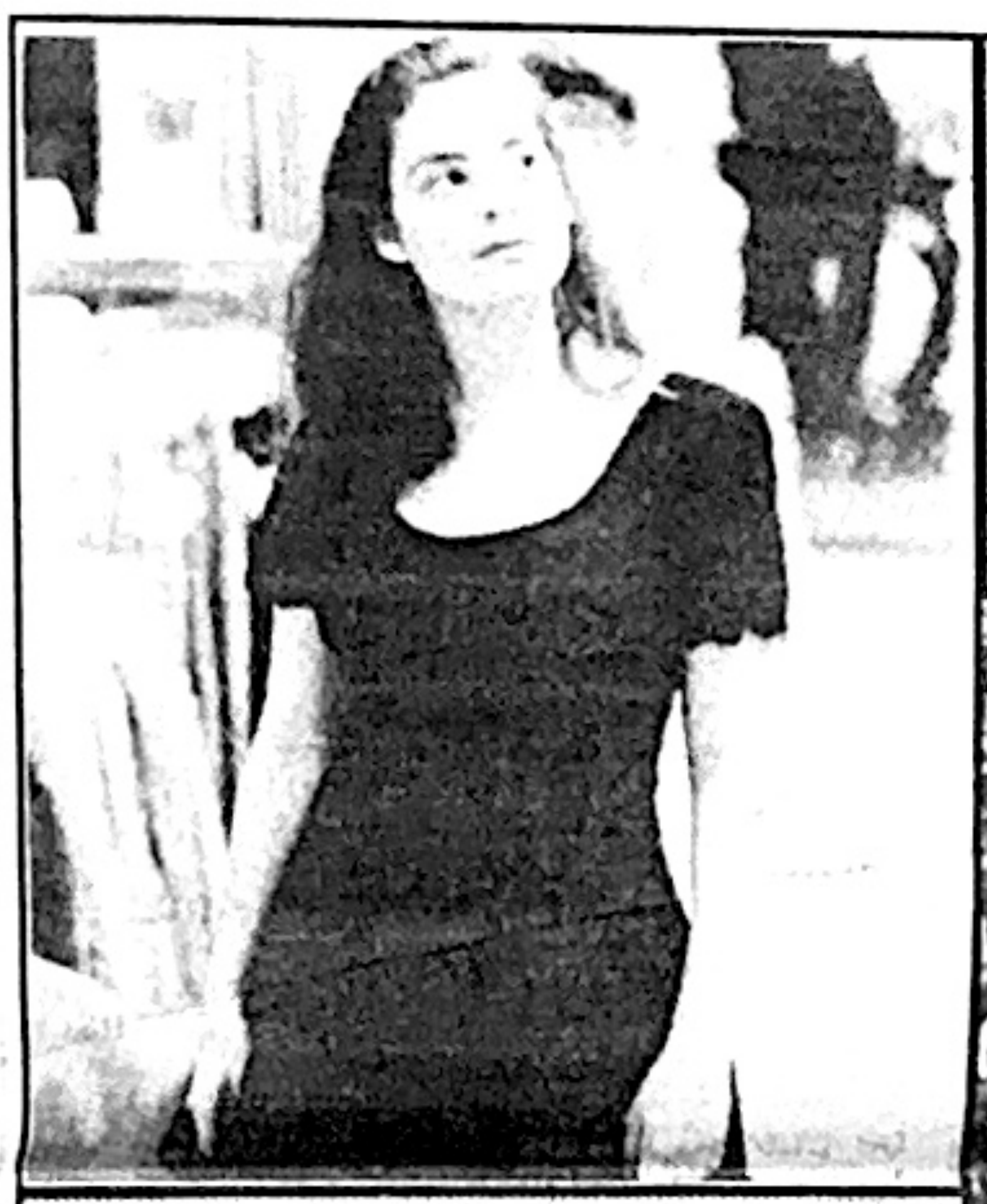
With less than a month left until senior prom night, many are still looking for dresses and tuxedo styles. The main thing to remember is, no matter how close prom is, do not get desperate. Desperate shoppers end up spending way too much money on an outfit that is not that great anyway. If you can't find a decent dress, stay calm and keep looking. There are hundreds of styles and colors out there for reasonable prices. Gantos, Dillards, Cachè, Winkleman's, and Kaufman's are stores with good selections at decent prices.

However, beware! These stores are also the most popular ones, and there is a risk of someone else having your dress. Check the racks to see how many of the same dress the store carries. Some stores like Laura Salkin' s Bridal Shoppe have only one dress of each style. Others like Gantos have one in every size and sometimes other colors. Some stores such as Rae Phillips, in Pavillion Mall, sell one style of dress per school.

For guys, the options are unfortunately limited. There are however some different colors and styles that will help you stand out in the crowd. Instead of wearing the normal black tuxedo jacket, Tuxedo Junction has some double breasted jackets in white, red, teal, purple, royal blue and burgundy, all with black lapels and buttons. There are also tuxedo shorts for the extremely bold. The shorts can be worn with sandals, high top sneakers or even army boots for the ultimate statement. I am not endorsing this type of outfit, just describing it as an alternative.

Make sure you are original,if you want to be remembered. Prom only comes around once in a lifetime for most of us, and feeling comfortable and stylish will make it memorable. Peace out and stay in style.

PROM THE FINAL LOOK

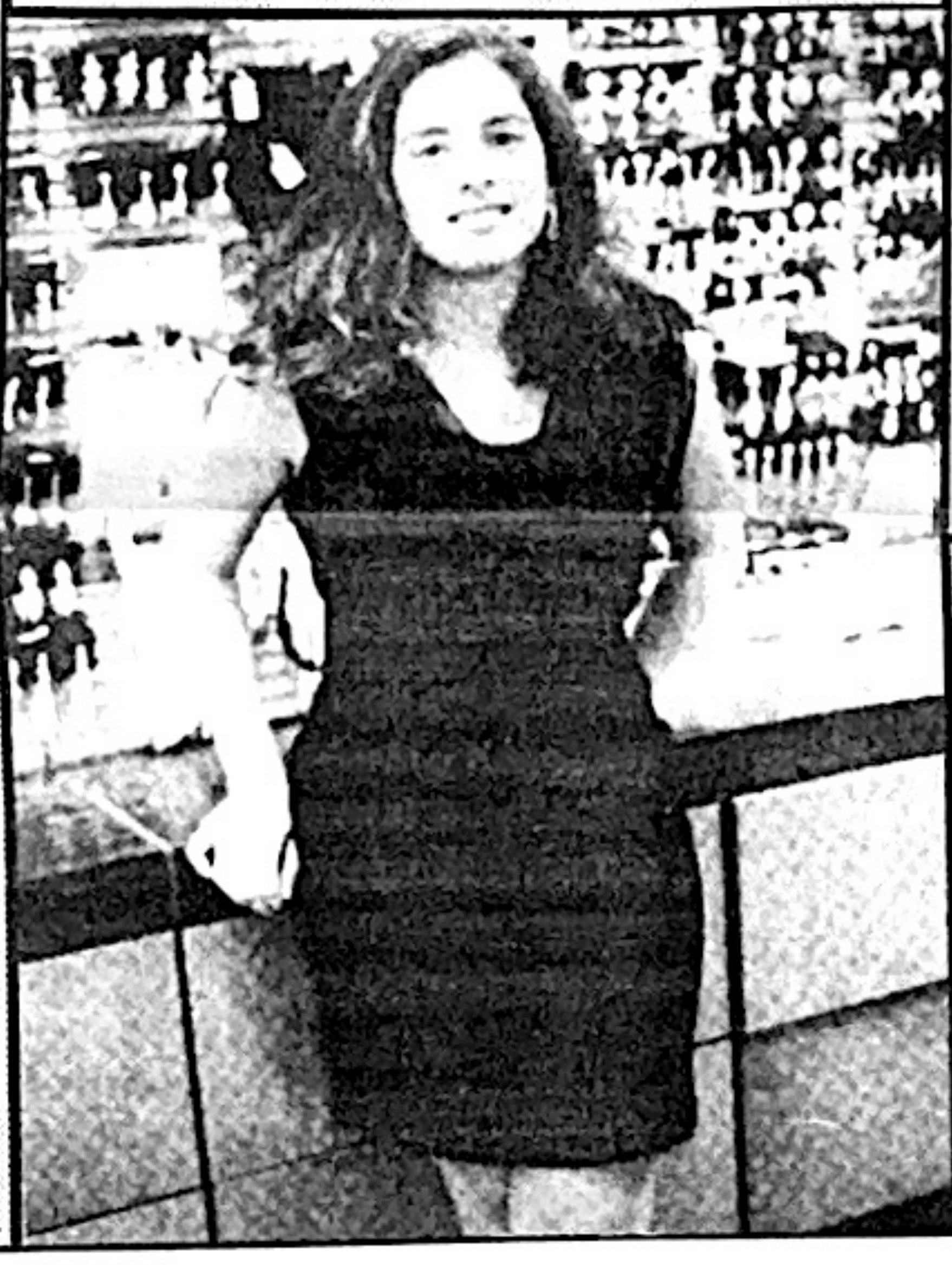


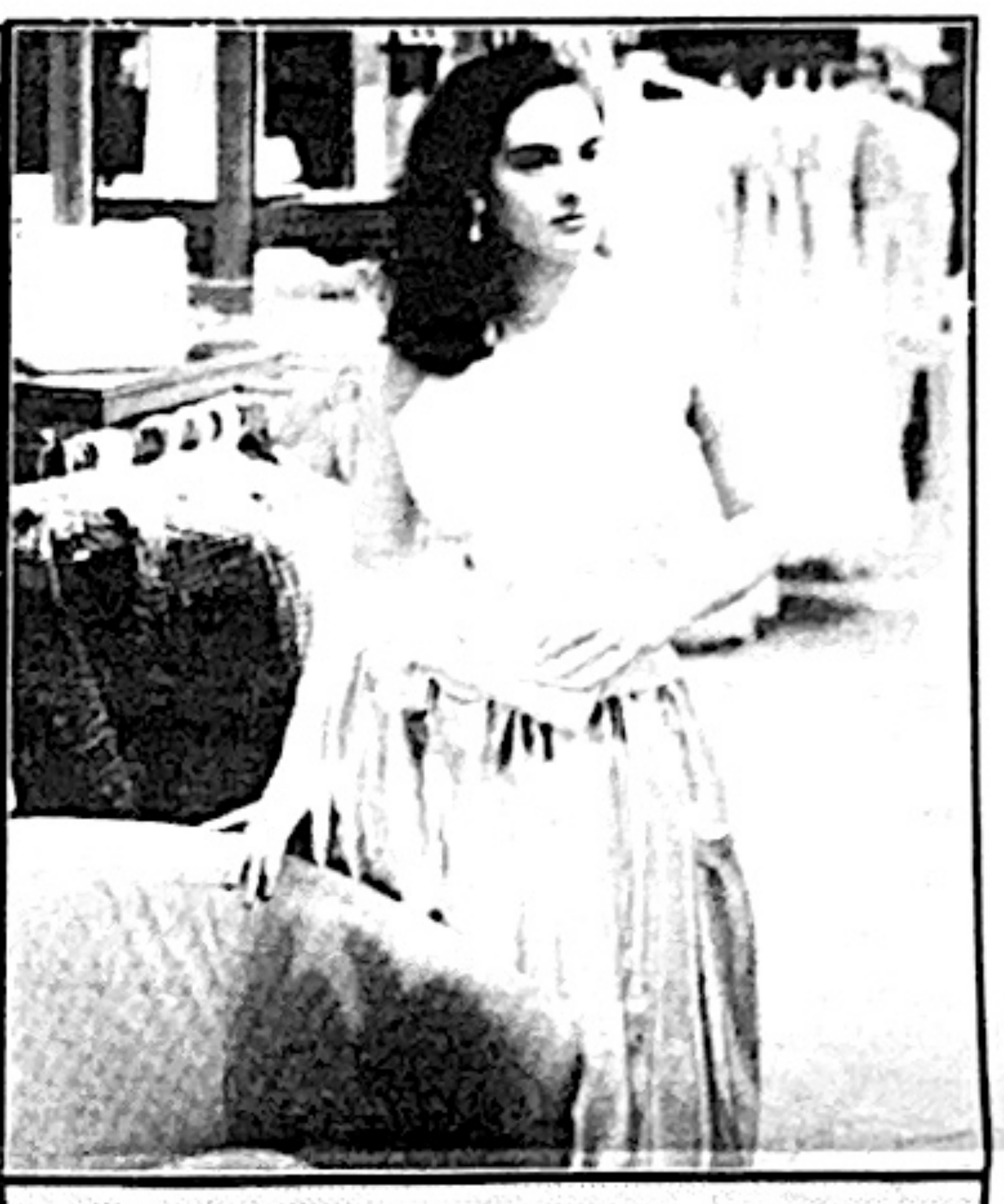
CLASSIC LACE– Senior, Sarah Kleinman models a simple, yet elegant black lace dress, with extra layer of transparent lace at bottom. This double layered bottom is a popular look this year. An extended layer of material at the bottom of the dress in lace, Some have transparent lace as in this case, others have a ribbon like stripe.

Shakerite photo by W. Michaol Flemming

SHEER DELIGHT– This black tank dress is splashed with black sequins. A string of dangling patterns circles the entire bottom of the dress, making it look very original and fun. The piece of chiffon adds a more formal look.

Shakerite photo by W. Michael Fleming





SOPHISTICATED CHIC– Sarah is shown here with a stylish white vest with gold buttons and connecting chain. The skirt is gold with a matching purse. Black and red are the most popular colors, so stand out by wearing an original color or dazzling white. Also, accessorize to make your outfit truly unique to your own style.

Shakerite photo by W. Michael Fleming

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The Top 5 similarities between Jacobs Field and the high school

5. Politically correct crazies object to both of our mascots.
4. You have to walk five miles from your parking spot to where you need to go.
3. Russell H. Rupp stadium has no obstructed view seats either.
2. Smoking is prohibited.
1. Freshman have to take the rapid home from both places.

SPORTS BRIEFS

Softball team optimistic

Springtime is a time for a variety of activities, including showing school spirit for the womens softball team.

Laurie Anthony, the head softball coach for the last five years, is optimistic about the upcoming season.

"I am extremely proud to work with them. They work very hard. If they have an average season, then they will be playing below their potential. We try to play above that," Anthony said.

With the addition of two assistant coaches, Linda Betley and Dawn Imler, and many returning players, the season looks promising.

"Mentally, it is important to be positive. I try to stress the 'team concept'. No one person is more important than the others. They just have different rules," Anthony said.

Womens softball's season continues on Wed. when they play Normandy at home.

–Leslie Simon

Mens track set for season

Although the mens track team had a record of 3-3 and was fourth place in the Lake Erie League last season, its members hope to do even better this year," Assistant Coach Stuart Gilbert said.

"This is definitely the best balanced team in the 90s and we've improved a lot in setting individual and team goals," said Gilbert.

Senior co-captains Dwight Ellis and Ryan Holliday have led the team to a 4-2 record so far, with help from Head Coach Charles Richard and the other Assistant Coach Gary Caldwell.

"I think we've done well this season because we didn't lose too many seniors, and the people who came back are a lot more experienced," Holliday said.

The team's next meet is tomorrow at Lakewood.

–Louise Burton

Baseball squad perfect

The varsity baseball team started out the season in perfect fashion as they finished the first week of games with a 4-0 record.

Shaker hit its way to victories in games against Cleveland South, Solon and both games of a doubleheader against Kenston.

Head Coach Charles Longo is extremely happy with his team's first week performance and feels that the team is showing the potential that he saw during the preseason.

"We're off to a great start. We're getting good hitting throughout the lineup, and this is possibly the best defensive team in years here at Shaker," Longo said. He went on to mention that juniors Sean Malone and Cullen O'Brien are hitting well.

Not only did hitting play a key part in the first four victories, but the team feels that another factor is influencing its success.

"A great deal of our success can be attributed to the fact that there are no egos on the team. Everybody works together and helps each other play well and win," said senior Brian Frew.

Malone was named Shaker player of the week because of his 6-8 hitting, which included no strikeouts.

–Cliff Mendelsohn

Sports a family affair at high school

BY DORRIAN THORNTON
Co-News Editor

After buying matching shoes, socks, sweats and a thousand other pieces of equipment, parents may think they are seeing double.

From football to golf, many athletes at the high school share one common factor they have a sibling.

"I like competing with my brothers because we are able to pump each other up for competition," senior soccer player and wrestler, Ben Cullis said.

Senior swimmer Caitlin O'Grady said she and her sister, freshman Cristin O'Grady, share a similar feeling, although they compete in different sports. Cristin plays lacrosse and dives.

"I think my sister realizes that we have different qualities and talent in our respective sports. I think she's happy that I did well in my sport," O'Grady said.

Other siblings share practice time to improve skills.

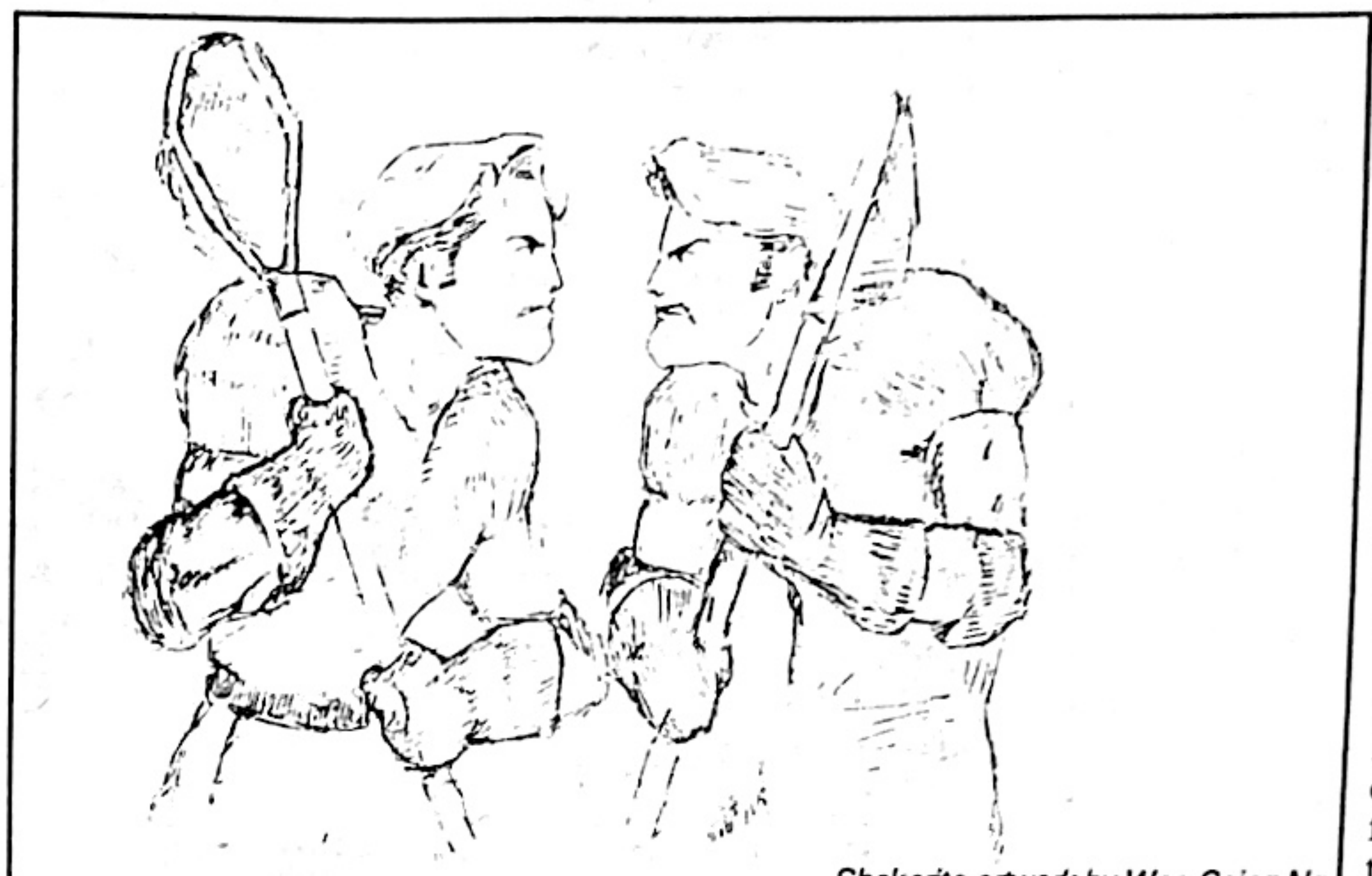
"We practice a lot. We lift together, and we throw shotput and discus together," sophomore football and track team member, Philip Hughley said.

Senior Anthony Hughley a football and track team member said he likes to practice with his brother to give him advice.

"Since I'm better than he is and still improving, I can show him how to improve his skills," Anthony Hughley said.

Philip agreed with his brother.

"He tells me things more straight up. He says it flat out if I mess up," Phillip Hughley said.


Shakerite artwork by Wee Seing Ng

Many athletes express pride in their siblings for their accomplishments.

Freshman Tom Cullis a soccer player and wrestler, said he's proud of his older brother Ben because he sets a good example.

"Everybody looks up to Ben because he works hard and does well. I'm happy for him," Tom Cullis.

Tom said that Ben's success in soccer and wrestling puts pressure on him to do better, but he does not try to live up to Ben's standard.

"I don't work hard enough, I'm too lazy," Tom said.

Senior Abigail West a tennis, soccer and softball player said she is proud of her sister, Emily West's accomplishments on the soccer field.

"I'm proud [that she] moved up to the varsity team with me by the end of the season this year," West said.

Abigail said that although she and Emily compete on separate teams during practice and the indoor season, she would rather have her sister's team win than any other besides her own.

Although supportive of their sibling's talent, some older athletes would feel uncomfortable if they were surpassed by their younger siblings.

"I know I'd be a little jealous if my younger brother surpassed me, but that would make me push to excel," Anthony Hughley said.

Senior volleyball player Lindsay Marsh said that if her sister, sophomore track and volleyball team member Whitney, surpassed her, she would maintain a positive attitude.

"I would be encouraging and maintain a positive attitude about my sister's abilities as well as my own," Marsh said.

REACH FOR IT! A womens lacrosse player goes for a ball during a recent practice. The team is off to a 4-0-1 start, and plays at Hudson tomorrow.
Shakerite photo by Courtney Masini

Womens lacrosse hopes to win Midwest championship

BY JEFF JABLOW
Co-Sports Editor

The womens lacrosse team started its season with a near perfect 4-0-1 record. They achieved this record with victories over arch rival Hathaway Brown, Wooster, Shady Side Academy and Upper Arlington and a tie with Worthington.

According to coach Liz Griffith the team has the talent to continue their winning streak.

"We have the potential to go all the way and win the Midwest," Griffith said.

The Midwest School Girls Lacrosse Division in which the high school is a part of consists of 34 teams from Ohio, Western Pennslyvania, Buffalo, and Michigan.

According to Griffith the team will most likely be among the top teams because of their physical abilities.

"We have excellent physical strength and ability but mentally we aren't all there," Griffith said.

Sophmore Melanie Vail agreed.

"We haven't had a great attitude but now since the season started we have been playing as a team," Vail said.

Junior Sarah King also commented on the need to work as a team.

"We are very fast and we have a strong defense and attack. We just need to play together as a team. I really feel that we can win it all this year. We have so much talent," King said.

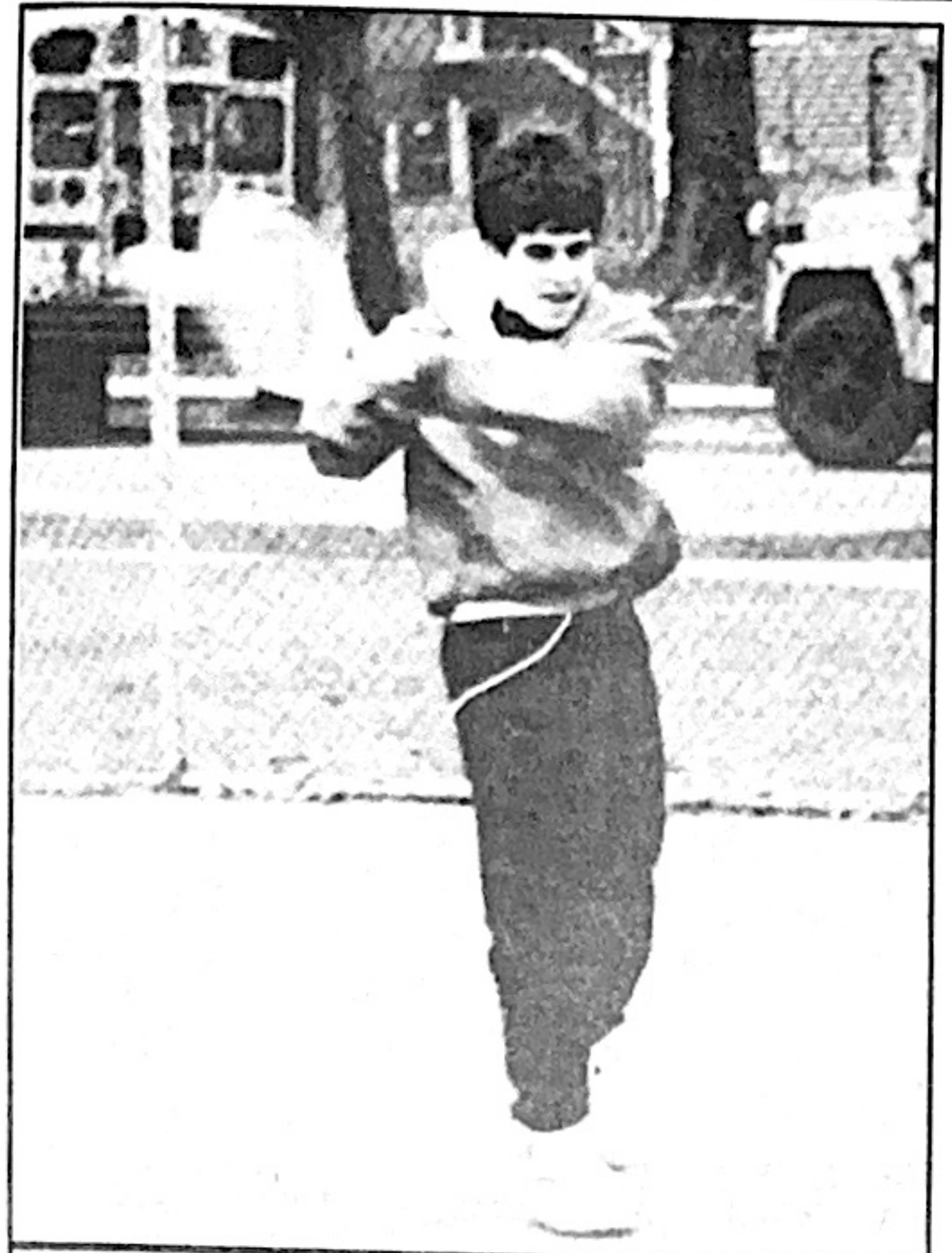
> *We are very fast and we have a strong defense, we just need to play together as a team, I really feel that we can win it all this year. We have so much talent,"*
>
> *–Sarah King*

According to Griffith this year's team is younger than last year's, but is still anchored by seniors Lyndsay MacDonald, Caroline Taccini and Carrie Galipo.

"We have an exceptional group of athletes on our team. Our potential is incredible. We have a lot of speed and agressive players, especially the sophmores," MacDonald said.

The strong sophmore players include Vail, Jen Webb and Tonya Pourras.

Tennis team aces opponents



STROKE IT! Senior Brad Karfeld hits a backhand in the high school's victory over Garfield Heights.

Shakerite photo by Courtney Masini

BY EMILY GOETZ
Staff Reporter

The mens varsity tennis team volleyed, backhanded, and served their way to an impressive start this season with wins against University Liggett, Normandy, Astabula Harbor and Hawken. The team has suffered only one loss, a 3-2 defeat to Walsh Jesuit.

Coach Al Slawson attributes the good start to the help of new varsity players.

"We lost four very good seniors last year, but we also had a very good JV team last year. A few players moved up to varsity this year to substitute for the seniors," Slawson said.

One of the players who made the move to varsity this year is sophomore Brian Snyder.

"I was really happy to be a part of the varsity team this year. I had a good season last year, and I knew I could help the team in doubles," Snyder said.

Most of the players said they feel optimistic about the season thus far, despite the fact that they have over 15 matches left.

"I think we have a really strong team this year, and we're capable of beating anyone we play," sophomore Dan Young said, a first singles player.

The team will play in two tournaments this year. One is the team tournament which is single elimination and culminates at the end of the season at the state tournament in Columbus.

The team won the first match of this tournament 5-0 versus Ashtabula Harbor, advancing them into the next round against Geneva.

The other tournament is more individual-oriented. The team sends their seven best players to the sectional tournament and from there players can advance to the district tournament and finally, the state tournament.

Even at this early date in the season, Slawson thinks he has a good idea of who will do well in the post-season.

"Our best player is Dan Young, and I feel he has a good chance of advancing to districts and maybe states," Slawson said.

Young is confident about his prospects at sectionals.

"Our sectional does not have the strongest teams around, so I think I should advance to districts. Once you get there, anything can happen, and I'll just try my best and see how far I can go," Young said.

Also helping the team this year are junior co-captain Kevin Cole, the second singles player, and the first doubles team of junior co-captain Ryan Smith and Snyder.

"I'm happy with the way the team has played this year, and hopefully Snyder and I will do well in sectionals," Smith said.

Senior Colin Manly and junior Jeff Jablow round out the varsity line-up at second doubles, while senior Brad Karfeld plays third singles.

High school students hit the beach for volleyball, not waves

BY BRENDAN MASINI
Staff Reporter

Beach Volleyball. Not California, not Florida, it is now being played throughout the United States and even in Shaker Heights.

RECREATIONAL
SPORTS

Most students have played volleyball in gym class. Now there is a great outdoor alternative for all of us who want a change from the indoor environment.

Playing volleyball on sand in the warm summer sun is a great way to spend spare time with friends, junior Toby Kramer said.

After this sport picked up in popularity a few years ago, establishments of all kinds have been quick to set up facilities for this lively, friendly game.

One of the big pluses of recreational beach volleyball that students mention is its flexiblity. There are no restrictions on teams or equipment. Anyone can play as long as he or she has a ball and a lot of energy. The game is fast-paced, and with a group of friends, you can make up any rules you want.

The game does not lack the competitiveness of its indoor relative. It is arguably more fun because after making a diving save or a hard spike, you can fall into the warm sand, freshman Yuri Gottesman said.

Although the outdoor season is limited in northern Ohio, it is possible to get a pickup game together and head over to Thornton Park. At Thornton they have two courts on which you can strut your stuff as the weather gets warmer.

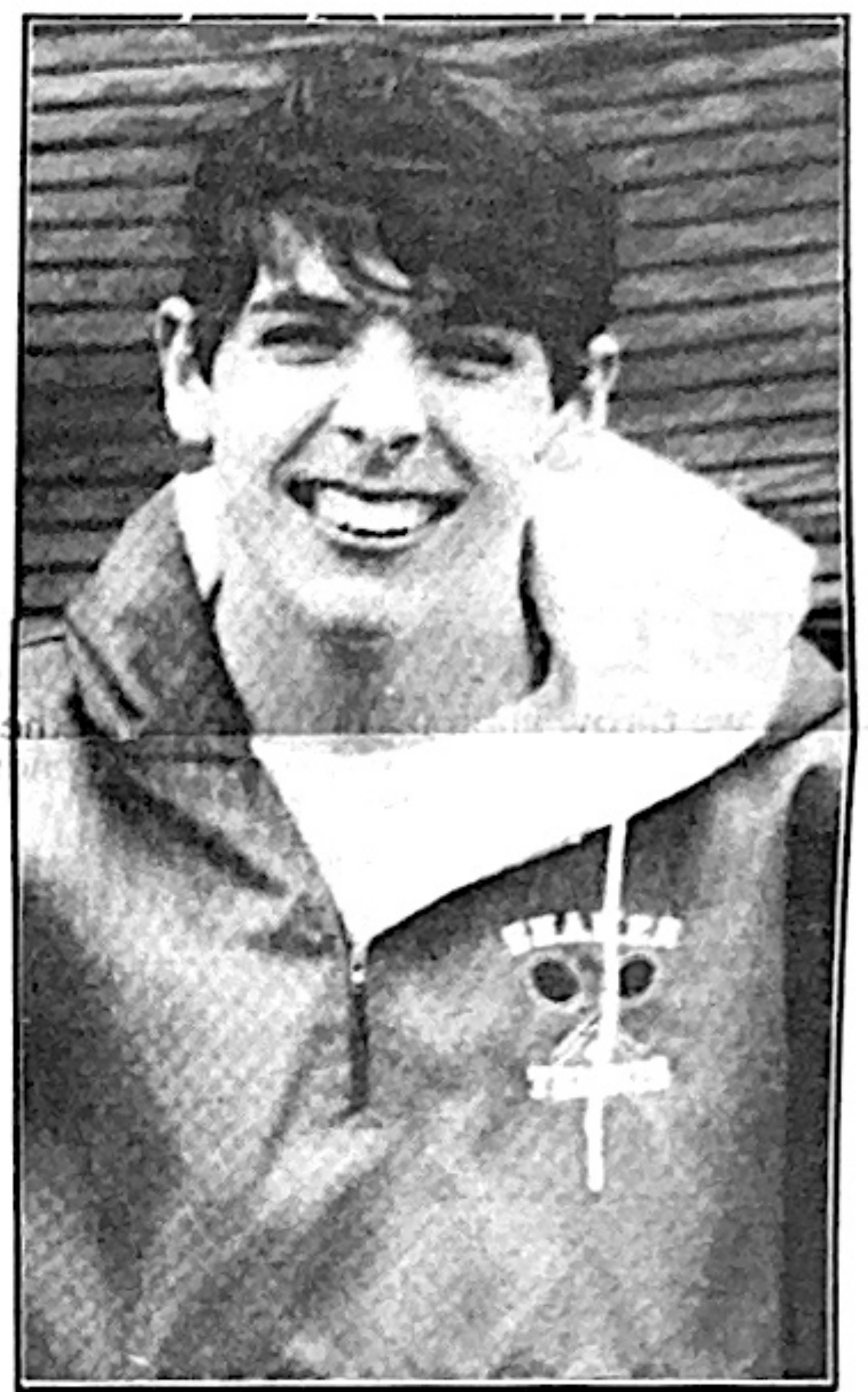
A park employee said that they hope to have the nets up by the end of April.

Several students had enjoyed beach volleyball on vacations but did not realize that there are facilities in their own town.

"From my experiences in the Bahamas, beach volleyball is a blast," freshman Richard McCormack said.

Beach volleyball has arrived in nothern Ohio, so get a ball and go out and play.

RAIDERS OF THE MONTH



DAN YOUNG. Sophomore tennis player Young has begun the season with a 9-0 record at his first singles position, beating a *Plain Dealer* Player of the Week in straight sets and losing only one set all season. He has led the team to a 6-1 record.

Shakerite photo by Courtney Masini

HEATHER HANSON. Hanson, a junior sprinter for the womens track team, is returning to the varsity level for her third season. She has the second fastest time in the state in the 100 m, and was the anchor in last year's 4x100 m state champion relay team.

Shakerite photo by Julia Rossi

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Womens track on pace to lap opponents in Lake Erie League

FLYING THROUGH THE AIR. Junior Shana Black participates in the long jump during a meet. *Shakerite photo by W. Michael Fleming*

BY MICHAEL BECKER
Staff Reporter

Back to back undefeated records in dual meets and a second place finish in their district in the post-season have placed high expectations on this year's womens track team.

"We should do better this year. We're a very young team," coach Henry Woodard said.

Despite this high praise, the team lost its first meet of the season. Woodard said this was because the team has not been up to full strength since many members have had other commitments.

"As a full team we can beat anyone. [However] in order to win we have to have everyone here," he said.

The top runners according to Woodard include seniors Dorrian Thornton in the 100, 200 and 400 meter sprints; Ashley McWilliams in the mile and 800 meters; and Julie Nemecheck in the 200, 800, 4X800, one mile and two mile. Woodard also said that juniors Angie Agnew in the 100 hurdles; Heather Hanson in the 100, 200, 4X100, and 4X200; and B.J. Long in the 100 and 200 should be top runners.

"If we're together as a team and maintain focus, the end result will be good for everyone" Nemecheck said

Other top teams in the area, according to Woodard include Cleveland Heights, Mentor and Magnificat.

In order to prepare for this level of competition, the team trains after school five days a week.

"We work on quickness, stamina, endurance and the stomach area." Woodard said.

In order to do this, the women have different routines for each day. One day they work on speed, one with tempo, one with pace, one with aerobics and one with the runners' specialty.

So far, besides the loss, the only problem the team has had is with the less than ideal weather.

"I just hope the weather breaks. When we get good weather we should get some good times. [If we] avoid injury we'll be very good." Woodard said.

A dual meet is a competition between two teams. The athletes run sprints in the 100 meter dash and the 100 meter hurdles as well as the 4X800, 4X400, 4X200 and 4X100 meter relays. For distance running there are the one mile, two mile and 800 meter races. In the field events the high jump, long jump, shot put and discuss are contested.

The team's next meet is Wed. at home versus Lakewood in a key Lake Erie League meet. The Mentor Relays come on Fri., while the district meet does not begin until May 19. Regionals are on May 26, and finally, the state meet in Columbus begins on June 3.

RED RAIDER WRAP-UP

Baseball

OVERALL RECORD: 5-2
LEL RECORD: 0-1

–the team is at Villa Angela/St. Joseph today

M. Lacrosse

OVERALL RECORD: 2-1

–next game is at home on Fri. against Revere.

M. Track

OVERALL RECORD: 4-2

–the team is at Lakewood tomorrow

Tennis

OVERALL RECORD: 6-1
LEL RECORD: 2-0

—sophomore Dan Young, the team's first singles player, was named a *Plain Dealer* Player of the Week after beginning the *season with a 9-0 record.*

–the team has advanced to the third round of the state team tournament after defeating Ashtabula Harbor and Geneva.

Softball

OVERALL RECORD: 1-3
LEL RECORD: 0-2

–the team's next home game is Wed. against Normandy, a LEL game.

W. Lacrosse

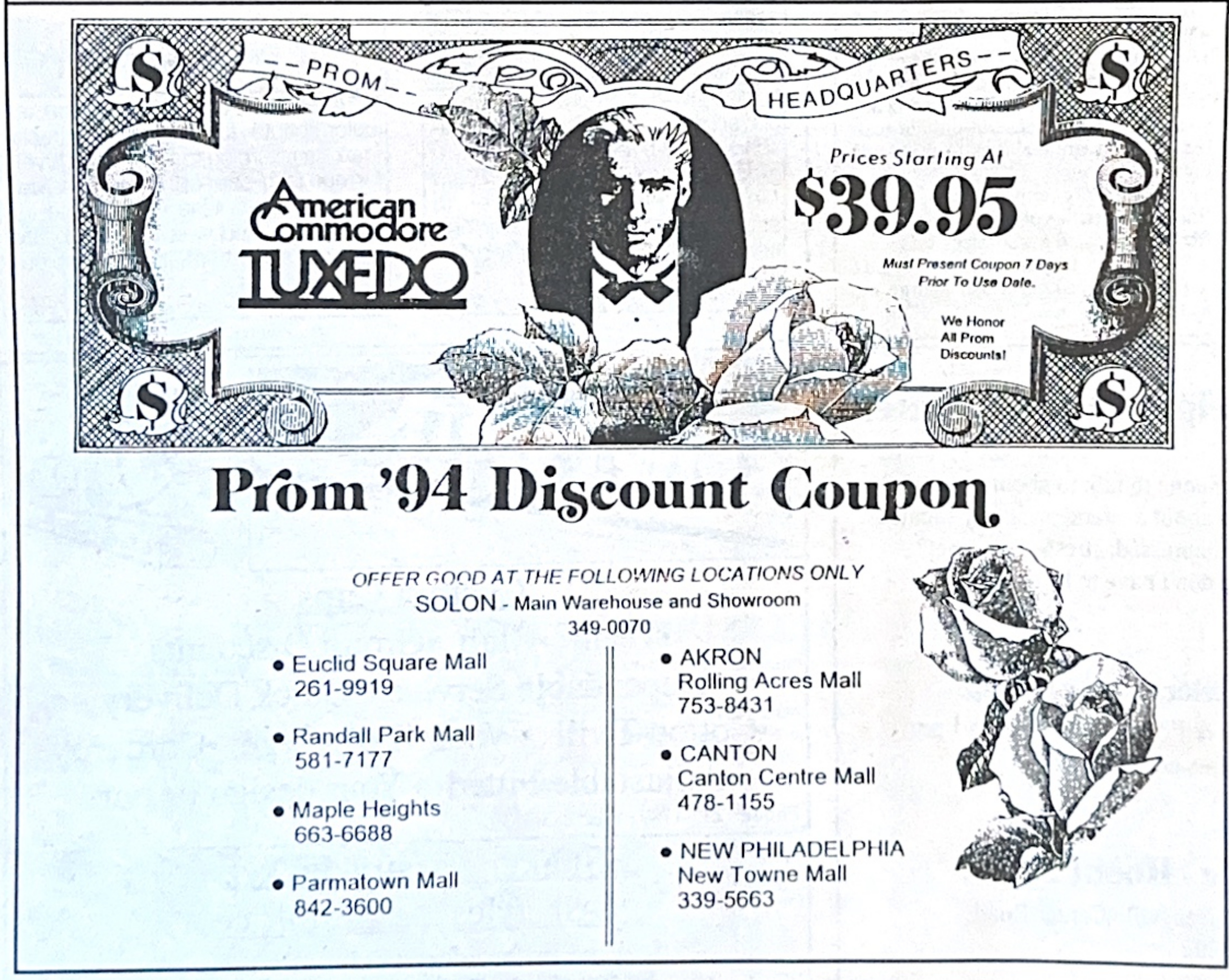
OVERALL RECORD: 4-0-1

–next game is tomorrow at Hudson, while the next home game is on Thu. versus WRA.

W. Track

OVERALL RECORD: 2-1
LEL RECORD: 2-0

–next home meet is against Lakewood on Wed.



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